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'Speed demons' testing the limit

ROAD SAFETY

City police issued 371,000 speeding tickets last year



Helen
Pike
Metro | Calgary

Calgary speed demons made up nearly one-third of those ticketed in 2015, according to police statistics.

Last year, Calgary Police Service netted 370,957 tickets for those going over the posted speed limit. Out of those, more than 108,000 were caught going 21 to 50 kilometres over the posted limit.

"Those are some pretty good speeds," said Staff Sgt. Paul Stacey, with the traffic section at CPS. "Those people are a hazard not just to themselves but everyone else on the road."

Stacey said although the numbers look alarming, speed cameras last year saw roughly 143,000,000 zoom by — which means the number of tickets handed out are a drop in the bucket compared to the overall number of drivers on the road.

But that doesn't mean speeders are off the hook. Stacey had some tough love for those taking selfish risks behind the wheel.

"It's no secret that speed is normally one of the primary factors in almost all of our collisions, in particular our fatal and serious injury collisions," Stacey said. "We focus the biggest majority of our enforcement on speeding, in among other things for that very reason."

But with the way roads are constructed in Calgary, straight and long stretches like Stoney Trail, Deerfoot Trail and Sarcee Trail almost encourage drivers to go faster.

"Since they opened Stoney Trail, we've seen a lot of real speed demons on that because it is such a wide-open road," Stacey said. He added he's recently pulled over cars going 130 to 135 km/h on the 100 km/h limit.

In Edmonton, the police chief has repeatedly called for legislation to allow officers the right to impound cars going at excessive speeds — 50 km/h over the limit — but at the time the Alberta Justice Minister wasn't prepared to make a move to new legislation.

Stacey said in Calgary, the new chief has yet to address speeding.

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Heffernan family angered by new allegations about officer

SHOOTINGS

Two fatal CPS confrontations involved same policeman



Lucie Edwardson
Metro | Calgary

The family of Anthony Heffernan is floored after learning the same police officer that shot Anthony last March could be the one who fatally shot wheelchair-ridden David McQueen last month.

"This is just mind-boggling to me," said Grant Heffernan, Anthony's brother.

A Calgary police source confirmed to Metro that the same officer who shot Heffernan was on scene during the McQueen incident, but couldn't confirm what role he played.

Grant said the Alberta Serious Response Team (ASIRT) had told him that the officer who fatally shot his brother three times in the head, and once in the chest, hadn't returned to work yet, but CPS wouldn't confirm.

"Calgary police wouldn't give us any answers about if he had gone back to work but said if he did, it'd be pushing papers back at a desk job until it's determined if he's facing charges," he said.

Anthony, who was battling



Anthony Heffernan, left, and David McQueen are alleged to have been shot by the same officer, less than a year apart. METRO FILE

addiction issues, was killed in a room at the Super 8 motel in the 3000 block of Barlow Trail NE in March 2015 after police were called when he failed to check out on time.

When officers arrived they saw a man who appeared to

be "agitated and in medical distress."

As a result, police then entered the room using force, where they were met with a "high-risk situation." Police attempted to use a Taser to try and subdue Anthony, but it was un-



successful. According to police the situation escalated and as a result of his actions a service firearm was discharged.

In the case of David McQueen, police were called to Huntington Hills on Jan. 24 after nearby residents reported hear-

ing gunshots.

According to a release from ASIRT, McQueen, 53, who was in a wheelchair, exited the residence holding a handgun and confronted police directly. He was shot and later died of the wounds.

“

For them to give him a gun again and let him on the streets without letting anyone know about it is terrifying.

Grant Heffernan,
brother of Anthony

Grant said if it's proven the same officer pulled the trigger in both cases then there's a serious issue.

"We spoke with the director of ASIRT last week and she told us they were recommending charges against the officer to the Alberta Crown — which is huge," he said.

ASIRT wouldn't comment on possible charges against the officer.

Police Chief Roger Chaffin said incidents such as these are rare, but if ASIRT makes recommendations to CPS, it'd be unlike CPS to "drag their feet."

"We'd be hard-pressed to not follow the recommendations of ASIRT," he said.

But Grant said it doesn't appear CPS is doing that at all.

"For them to give him a gun again and let him on the streets without letting anyone know about it is terrifying," said Grant.

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VICTIMS OF CRIME

Fund racks up millions as aid grants cut

Alberta's auditor general says the Justice Department has lost its way regarding its multimillion-dollar fund to help victims of crime.

Merwan Saher said in a report issued Wednesday that the fund is racking up millions of dollars in surplus cash, while at the same time cutting money to aid groups.

"These excess funds are sitting unused without the department having a clear plan for intended future use," Saher

said in the report.

"Business and budgeting practices are potentially restricting operational decisions intended to better serve victims of crime."

The fund pays out compensation to injured victims and uses what is left over to help police and other community groups with their victim-support programs.

The fund doesn't get money from general revenues. Its budget comes from a 15 per

cent surcharge on provincial and federal fines — a growing pot of money that is expected to hit \$56 million this year.

Saher notes that this has created a budgeting anomaly because in recent years the government has ordered the fund — even though it doesn't get money from general revenues — to reduce its spending given tight economic times.

The result, said Saher, is a double whammy.

The money from the sur-

charge can't be used for anything else, so the fund's surplus has been left to grow — with little return on investment — while grants to community and police victim services outreach programs have been reduced.

Those groups saw a \$350,000 funding cut in the last budget year alone despite a rise in demand for services, he said.

Some groups have started doing their own fundraising to cover off costs, he added.

THE CANADIAN PRESS



The 2013 floods put enormous pressure on the province's disaster recovery program, and 2014 changes to the program were criticized by the auditor general Wednesday. METRO FILE

Auditor criticizes overhaul

DISASTER RECOVERY

Province put strain on resources, Saher says

Alberta's auditor general is taking the province to task for overhauling its disaster recovery program while still handling the biggest natural disaster in its history.

Merwan Saher, in a report issued Wednesday, says the gov-

ernment put too much strain on its resources after it announced in March 2014 that it would take over the program in-house.

The work previously had been done by an outside contractor.

Saher said that making the switch while Municipal Affairs was still dealing with the 2013 southern Alberta floods went against the advice of department officials and overwhelmed the department.

"The department did not have the capacity to deal with this magnitude of change," Saher said in the report.

The June 2013 floods that hit parts of Calgary and southern

Alberta led to more than 10,000 applications for aid. Saher said there are still gaps in the program that need to be addressed for when the next disaster hits, such as hiring more project managers and implementing better project management practices.

"The department must further improve its program delivery systems to achieve the desired results," said Saher.

Alberta Party Leader Greg Clark said the bureaucratic mess has had human costs, given that hundreds of people

affected by the floods are still waiting for disaster assistance.

Clark said he has little faith that the officials who created the problems with the pro-

cess will be able to fix them.

"This report shows that the unfortunate people who have to access (resource aid) after the next disaster will have exactly the same problems," said Clark in a news release.

"There's a big risk Alberta will miss out on hundreds of millions in federal funding because the program is so badly administered."

THE CANADIAN PRESS

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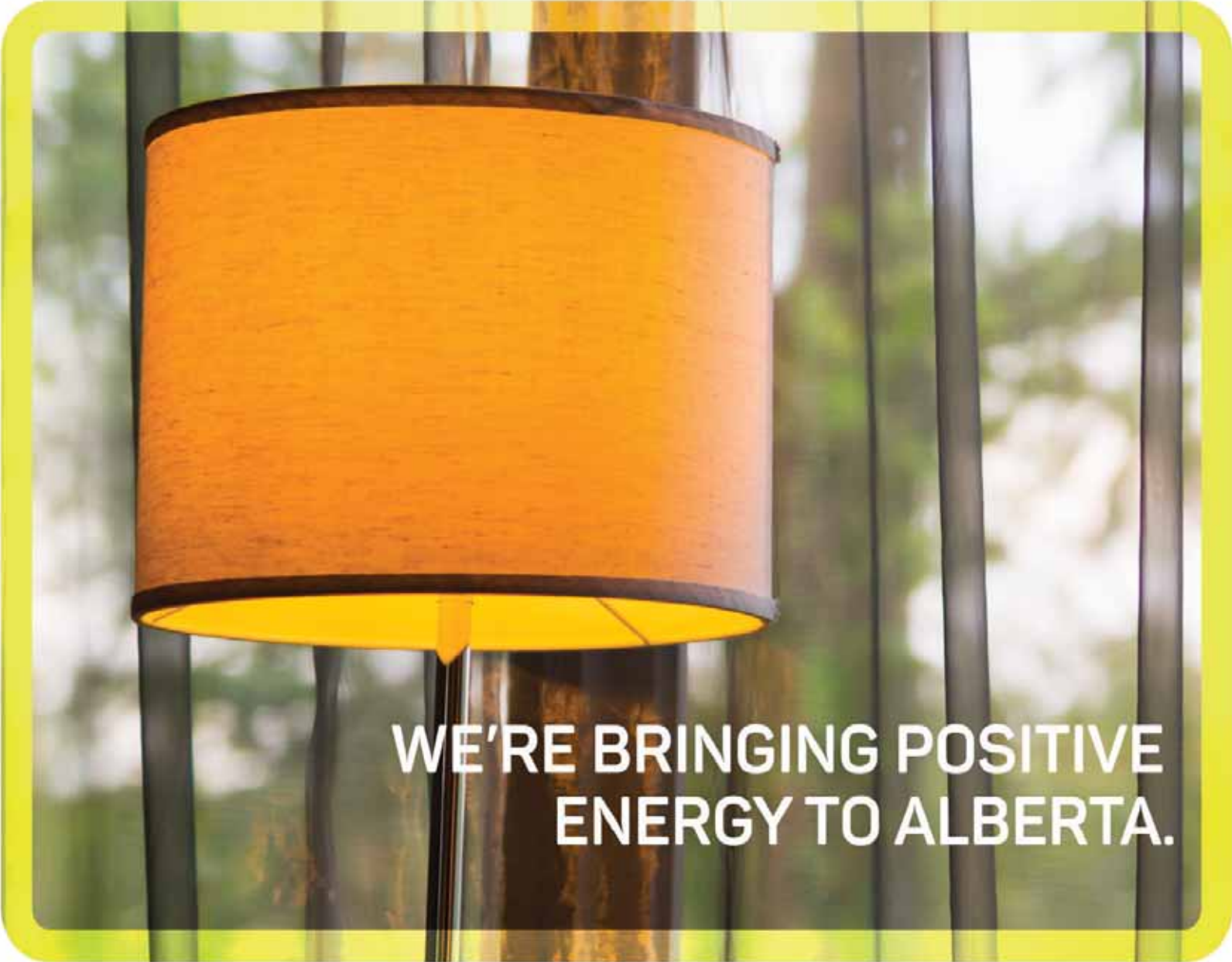
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Landlords open to lowering rent

HOUSING

Tenants report good results in asking for price decrease



Brodie Thomas
Metro | Calgary

If you've been thinking about renegotiating your rent prices with your landlord, Misbah Haque has some advice for you — go for it.

Haque rents a condo in the city. He signed his lease early in 2015 and even then suspected the price might be a bit high.

With the ongoing decline in the economy, and the increase of rental properties available, he decided to talk to his landlord about lowering his rent.

"To my surprise, he was pretty open," said Haque.

He managed to reduce his rent by about 16 per cent. He thinks he might have been able

to get a bit more but didn't want to sour his relationship with his landlord.

Gerry Baxter, executive director of the Calgary Residential Rental Association, said it's definitely a renter's market right now.

He said landlords are feeling the pinch of the economic downturn, especially high-end properties such as luxury condos, which were commanding \$2,000 to \$3,000.

According to Baxter, the oil-and-gas downturn has had a huge impact on landlords because those industries attracted so many workers from out of province. With the work gone, the workers have packed up and left, too.

He's heard of one landlord who offered a rental decrease in advance to keep good tenants.

More often, he's been hearing about landlords offering incentives instead of rent reductions, such as paying the utilities.

"Maybe it's free cable — some might offer 13 months for the price of 12," said Baxter.

+ HELPFUL TIPS

Do your homework:

Check out comparable properties; know the price.

Mid-lease negotiations are OK:

Gerry Baxter of CRRRA said some landlords are negotiating, even if the lease isn't up.

Have an exit strategy:

If they won't budge, have a better property or two in mind.

As someone who got his rent lowered, Haque recommends doing some research and having numbers in hand before approaching your landlord.

"If you have been a good tenant who pays on time and maintains the place, it shouldn't be hard. Bring in comparable properties into your meeting and don't be afraid to ask for what seems reasonable based on the market."



For-rent signs abound in Calgary now that the market has cooled off. It's a renter's market, and renters can use that to their advantage. METRO FILE

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Calgary United Way raises \$55M

CHARITY

City generous despite flailing economy, says chief executive



Darren Krause
Metro | Calgary

Despite trying times, Calgarians are still an incredibly giving bunch.

On Wednesday, in front of several hundred United Way of Calgary and Area supporters at the annual Spirits of Gold breakfast, president and CEO Lucy Miller revealed the 2015 fundraising tally: \$55.2 million.

"I'm so proud of what we did in this city in 2015," Miller told the crowd. "Calgarians have once again demonstrated their belief in the power of the people around them."

However, with the economic climate worsening but the de-



From left: Deborah Yedlin, Lucy Miller and Mick Dilger
DARREN KRAUSE/METRO

mand not yielding, new United Way campaign co-chair Mick Dilger knows the organization has its work cut out for it in 2016.

"I don't exactly know how we're going to tackle it," said Dilger, CEO and president of Pembina Pipelines. "That's what makes it extraordinary — taking a stand for something without exactly knowing how you're going to do it."

The United Way of Calgary and Area faced a similar task in the last recession but still managed to reach their goal.

Miller said Calgarians are no

strangers to facing a challenge head on.

"I think what this shows is the commitment of Calgarians, especially in difficult times, to help those around them that need it most," said Miller, noting some companies with pared-back staff still ran the same United Way campaign and in some cases increased it.

Dilger said it's going to take that same concerted effort to reach the fundraising goals they set for 2016. "It's that feeling of community; we don't want to let each other down," Dilger said.



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Chief says force will 'not lay down'

POLICE

Fired officer expected to file appeal of his dismissal



Lucie Edwardson
Metro | Calgary

Pending an appeal, a dismissed Calgary Police officer could still be collecting pension benefits.

Howard Burns, president of the Calgary Police Association, said he believes Sgt. Anthony Braille, the CPS officer dismissed last week, will likely file an appeal of his firing.

"Through his legal counsel my understanding is there's plans to appeal," said Burns.

Chief Roger Chaffin said if Braille does appeal the decision, which he said assumes will happen, the force "will certainly not lay down."

"We'll be represented there and we'll work on it," he said. "If the case gets appealed we're going to bring forth the same case we did



Calgary police Chief Roger Chaffin said Wednesday that CPS will fight any appeal by fired officer Anthony Braille. METRO FILE

here and the same energy to that." Burns said there were mitigating factors presented at Braille's trial in 2015 that will form the basis for his appeal.

"It's arguable whether he was fit for duty and should have been allowed to work," he said. "Then of course that comes down to what did the



If the case gets appealed we're going to bring forth the same case we did here and the same energy to that. CPS Chief Roger Chaffin

police service know and what actions did they take as well."

Burns said an expert witness testified at the hearing

and offered up his opinion in relation to Braille being fit for duty.

"I would suspect that will

form a large grounds for any appeal," he said. If Braille's appeal is successful, he could collect a 20-year pension.

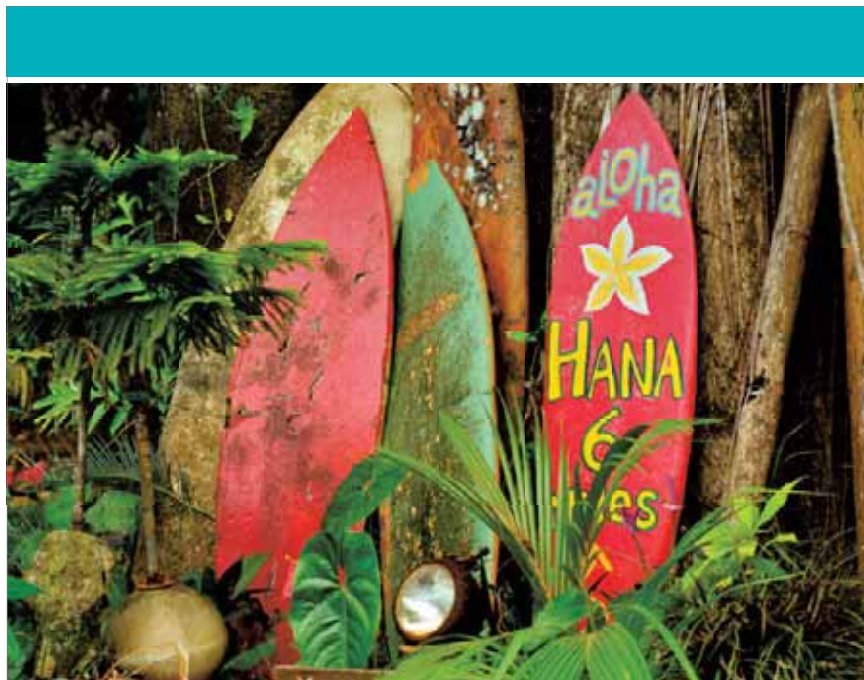
"Pensions are contributed to and invested so if he's contributed to it, it's there and in this case he likely would have had access to his," said Chaffin.

+ REASON

Sgt. Anthony Braille was dismissed after a seven-year wait for his involvement in a high-speed chase of a suspected drunk driver. The chase resulted in a crash between the suspect vehicle and a taxi — causing the taxi driver serious injury.

A criminal prosecution resulted, with Braille ultimately pleading guilty to a charge of careless driving under the Traffic Safety Act (TSA), and Braille was officially dismissed from the force last week in his 20th year on the force.

Burns said Braille can only currently remove what he has contributed to his pension fund, but if he were to win his appeal and is re-instated Braille could be entitled to a 20-year pension at and average of 50 per cent of his best five years of pay while on the force.



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Miller to square off against Chu

MUNICIPAL ELECTION

Running for council spot in Ward 4



Helen Pike
Metro | Calgary

It's just over 18 months out, but already Ward 4 is the race to watch with a familiar face

stepping up to run against Coun. Sean Chu for a spot at city hall. Greg Miller, a well-known voice in city council meetings, has announced his intention to run for a council spot in Ward 4.

"Ward 4 faces a number of important challenges that require real engagement with multiple stakeholders," wrote Miller. "It's important for me to hear from the many, many residents well ahead of the

election, not just a few months before it. Launching now gives me the time to genuinely consult with Ward 4 residents, communities and businesses to build good solutions that benefit the ward"

He's become known for his volunteer work in the second-suite issue with the Suite-YYC group, and more recently his help in engaging the city's north with the Green Line project through a group

he's co-founded called Green Line North Communities.

But his running for Ward 4 isn't the end of his community service. "Community groups play a critical role in making our city better, but there comes a time when you can accomplish more working on Council than standing in front of it," Miller told Metro. "And I intend to stay a community advocate regardless."

Miller said he hopes to bring

a spirit of collaboration to Ward 4 — something he stated has been missing in Coun. Chu's approach.

"We need the kind of effective, collaborative advocacy for our Ward that I have delivered for many years," wrote Miller. "Making progress for Ward 4 on city council requires opening doors with other councilors, not slamming them shut. I'm confident I can be that effective advocate for our ward."



Greg Miller announced he's running for Ward 4 in the 2017 municipal election.
FACEBOOK

UNSOLVED CRIME

Woman in hospital with stab wounds

Calgary police say a woman was dropped off at the Peter Lougheed Centre with multiple stab wounds Wednesday afternoon.

Police say the woman is in serious but non-life-threatening condition.

Acting Det. Martin Taylor said the woman arrived at the hospital just after 3 p.m.

The woman has been unable to speak with police and the person or people who

dropped her off did not remain at the hospital.

Police have located a vehicle of interest and are investigating.

Anyone with information about this incident can contact Crime Stoppers anonymously at 1-800-222-8477 (TIPS), or by Internet at www.tipsubmit.com. If you provide information that leads to an arrest, you may be eligible for a cash reward. METRO STAFF



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Province's head rat-catcher speaks

PEST CONTROL

Rapid response keeps Alberta free from infestation



Tim Querengesser
Metro | Edmonton

Phil Merrill is a bit of an Alberta celebrity thanks to his job: Provincial Rat and Pest Specialist.

Nearly every time someone discovers a rat in Alberta — a Canadian province unlike all others in that it has declared itself “rat-free” for 65 years — Merrill gets a phone call from a reporter asking if the rat war might be lost.

“We get a little coverage on this rat deal,” Merrill says, from his base in Lethbridge.



This roof rat was discovered — and dealt with — outside Drumheller this week. GREG PETERS/TOWN OF DRUMHELLER

And so it was this week, with the discovery (and summary execution) Tuesday of a roof rat outside of Drumheller, that Merrill was again explaining how Alberta's war on rats means it's rat-free — despite still having rats.

If the definition of rat-free

is that there are never rats here, Alberta isn't rat-free, as Merrill concedes. “We don't allow rats to be here but people keep sending us rats,” he says. “Sometimes we get 60 a year, sometimes we get 20.”

Merrill says the rats come to Alberta in trucks from the

east, west and south.

But what makes Alberta rat-free, Merrill says, is that whenever enough rats congregate and start planning rat families, Alberta jumps into action.

“When we find an infestation we get rid of it,” Merrill says. “We have a pest control officer in every town, city and village. As soon as we hear of a confirmed rat, the guy goes out and gets rid of it.”

Merrill says Alberta gets around two or three rat infestations a year. The biggest see rat numbers in the hundreds.

Why is it so important Alberta stay rat-free? “We don't like the damage that rats cause,” Merrill says. “Our rat control program only costs us half a million a year. Provinces that have rats spend millions on rat control and they have the damage.”

“We don't want the bother.”

MEDICINE

Research could save dying brain cells



Jeremy Simes
For Metro | Calgary

Roger Thompson and Nicholas Weilinger hope their new study becomes a game changer for stroke patients.

Thompson and Weilinger, researchers with the Hotchkiss Brain Institute at the University of Calgary Cumming School of Medicine, found a way to halt brain cell damage during strokes via a newly developed drug.

Neurons naturally release the neurotransmitter glutamate but, during a stroke, neurons lose their ability to control how much glutamate is released. Too much of it causes neurons to die, increasing the possibility of stroke survivors will become disabled.

The study developed a drug that can stop the excess glutamate from killing neurons, es-

entially preventing disabilities that could come from having a stroke.

It also means there's a possibility the formation of dementia could be halted, Weilinger said.

He said people who suffer from a stroke will normally suffer from dementia down the road, as it's a common consequence.

“Any way that you can salvage these brain cells (from dying due to excess glutamate) is a big step in preserving normal neurological function for a patient, especially for a stroke patient.”

What Thompson and Weilinger plan to do next is enhance the drug they designed.

Down the road, they also plan to do safety trials on people to see if it's tolerable.

The study was published in the journal Nature Neuroscience.



Any way that you can salvage these brain cells ... is a big step in preserving normal neurological function for a patient, especially for a stroke patient. Nicholas Weilinger



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Filmmakers get two days to fight racism

CULTURE

Festival organizers hope to spark conversation



Aaron Chatha
Metro | Calgary

This weekend, filmmakers will have 48 hours to tackle a topic that can make many uncomfortable: racism.

"Racism is something we don't talk about enough in our society," said Iman Bukhari, organizer of the Anti-Racism Film Festival. "It's one thing to say, 'No, I'm not racist.' But if you're an anti-racist, you're actually doing something about it."

On Friday at 5 p.m., teams will meet at the University of Calgary to be given either a quote or prop to inspire a two-to-five-minute short film, created from scratch. Bukhari said each film will be posted online



Iman Bukhari is organizing the event. COURTESY IMAN BUKHARI

to be shared and dissected after they premiere in March.

"It shows that, 'Hey, I took part in this. I'm doing something to say racism is not okay in our society,'" she said.

Bukhari said participants don't need professional experience — whether the short is shot on a professional camera or a cellphone, it still has merit. Some of the entrants are in junior high, and organizers will be on hand to help with technical aspects.

"You get real-life skills from it too, so if you just want experience this is great," she

explained. Within the short time span, participants are expected to write a script, develop characters, shoot the film and edit it.

The films will be screened on March 21, the International Day for the Elimination of Racial Discrimination, at John Dutton Theatre.

To add to the conversation, organizers are also hosting an anti-racism open mic poetry jam Feb. 13 at 7 p.m., in That Empty Space at the University of Calgary.

For details visit canadianculturalmosaicfoundation.com.

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CRIME**Suspect in custody after armed search at SAIT**

Calgary police nabbed a suspect after conducting a heavily armed search through SAIT's Heritage Building late Tuesday morning.

At 11:50 a.m., police were called to the campus after a school employee was threatened by a man. Police said early reports raised concerns the man had a weapon.

Students say they were told to vacate the Stan Grad Centre, which connects to the school's Heritage Building.

Police found the man at his home in sandstone. He was immediately taken into custody.

Police said he was found to have a handgun-shaped lighter in his possession.

The investigation is ongoing and charges are

pending.

JEREMY SIMES/FOR METRO

Calgary man charged in grocery store robberies

Calgary police have charged a man in relation to a series of grocery store robberies that took place between Jan. 23 and Feb. 5.

Upon review of CCTV footage, it was determined that the same offender was responsible for

robberies that occurred at the Montgomery Safeway on 16 Avenue NW, the Brentwood Co-op on Brentwood Road NW, the Westhills Safeway at 200 Stewart Green SW, and the 7-11 at 444 16 Avenue NW.

Douglas Kenneth Irvine, 52, of Calgary, has been charged with four counts of robbery, along with other unrelated outstanding warrants.

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Ellen Doty is excited to play at the Jack Singer next week.

JEREMY SIMES/FOR METRO

Doty almost ditched her dream

JACK SINGER

Musician set to open for Gregory Porter



Jeremy Simes
For Metro | Calgary

Ellen Doty traded her textbooks for a career in jazz music.

It was a decision her parents weren't too happy about but, it seems, things have been paying off for the local jazz singer-songwriter.

On Feb. 19, Doty is set to open for Grammy winner Gregory Porter at the Jack Singer.

Turns out she's also extremely excited to open for Porter — there's no such thing as stage fright anymore, she said.

"You just do it so much that you really look forward to going up there," she said. "I really admire (Porter's) work — he combines all these different genres, and that's something I'm trying to do."

Doty is no stranger to jazz — her grandmother used to take her up in Hollywood on the weekends, dancing to Frank Sinatra and Ella Fitzgerald at the Palladium.

So it was just a natural fit for Doty to gravitate to the

genre, she said.

In fact, Doty studied jazz at Carleton before heading to the University of Calgary to study geology.

"I just did a year of jazz school, and then I was like, 'I should probably have a real job,'" she said with a laugh.

But geology didn't pan out, either — Doty decided to leave during her third year to become a musician.

And — fittingly — she titled her full-length debut album, *Gold*. She plans to play some of those tracks — along with newer works — at the Jack Singer, too.

Her parents have since warmed up to the idea.

"Your family doesn't want to see you struggle," she said. "But I think now they see how much I love it and what it means to me."

Though winning a Juno or Grammy would be great, she said she hopes to one day sustain herself as a musician — which is challenging from the get-go.

"But you feel like it's worth it because you love and you can't imagine yourself doing anything else," she said. "The power that music has is incredible."

Tickets for the show are available at artscommons.ca. Show starts at 7:30 p.m.

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Evan Hu and Brian Reimer demonstrate their Knelf app, each answering a series of fun get-to-know-you questions. JENNIFER FRIESEN/FOR METRO

New app breaks the ice

STARTUP

Small-talk game has big data implications



Aaron Chatha
Metro | Calgary

Your butt cheeks can go a long way in making new friends; one of the questions used in Knelf's updated social app is "Have you ever mooned someone?"

The Calgary startup programmed in cheeky questions as a way for people to overcome awkward social

barriers, be it a first date, getting to know a co-worker or meeting new people at a networking event. It's meant to help when neither party knows what to talk about.

"The more we go back and forth, the more questions we ask and guess about, the more mature our trust becomes," said Knelf founder Brian Reimer.

The app connects via Bluetooth. People take turns: One person answers five questions, then another answers five questions. The app saves answers and allows you to continue chatting with users you've already connected with in person.

"We can actually start using your answers to start pulling threads of

things you have in common," said Reimer, who said the algorithm can find out if both users like chocolate shakes, as an example. "Little, innocuous details, but they help connect people, find common ground."

The app is capable of pulling even greater details about a user and how the people they've connected with influence their daily life.

Reimer said that, when looking at economics and demographics, inferences can be made about how much money a particular group makes, where they may live and what kinds of cars they drive. It might identify why some people may make decisions that don't align with their demographic, by making

a social graph of how you might be influenced by your network.

"If you take a social graph, you might be 42 per cent more likely to vote this way or 17 per cent less likely to buy a certain kind of car," he explained.

Kari Gordon, executive director of Startup Calgary, said Knelf is one of the most promising startups in the city.

"It's a really interesting platform — a little bit obscure in a way, but I think they're going to have some legs in 2016," she said.

Knelf is testing the app by organizing events like speed dating. It's available for iOS and soon Android. See more at knelf.com.

+ Q&A CONNECTION

These are some of the ice-breaker questions you might answer on the new Knelf app.

- **When waiting for a slow elevator, do you tend to:**
A. Mash the button repeatedly
B. Press the button a few times
C. Wait patiently
- **Musical theatre:**
A. Awesome!
B. Boring!
- **How do you normally get into a swimming pool?**
A. Jump right in
B. Go in slowly, getting used to the temperature



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#55026	2015 Chev 2500 Silverado Double Cab 4x4	WAS \$68,745	NOW \$52,488	SAVINGS \$16,257	#57513	2015 Chev 2500 Silverado HD C/C SLE 4x4	Was \$56,590	NOW \$40,888	SAVINGS \$15,702
#57042	2015 Chev 2500 Sierra Double Cab SLE 4x4	WAS \$58,365	NOW \$41,955	SAVINGS \$16,377	#55413	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOW \$38,888	SAVINGS \$15,077
#55085	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$69,525	NOW SOLD	SAVINGS \$18,137	#55415	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOW \$65,488	SAVINGS \$17,127
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#57226	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,675	NOW \$44,488	SAVINGS \$13,187	#55412	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOW \$38,888	SAVINGS \$15,077
#57236	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,675	NOW \$44,488	SAVINGS \$13,187	#55418	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOW \$38,888	SAVINGS \$15,077
#55177	2015 Chev 2500 HD Silverado Double Cab LZ 4x4	WAS \$66,140	NOW \$47,988	SAVINGS \$18,152	#55419	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOW \$38,888	SAVINGS \$15,077
#58022	2015 Chev City Express LS	WAS \$28,740	NOW \$21,888	SAVINGS \$6,852	#55425	2015 Chev 2500 Silverado HD C/C 4x4 Duramax	Was \$82,615	NOW \$65,488	SAVINGS \$17,127
#58003	2015 Chev City Express LS	WAS \$28,255	NOW \$21,888	SAVINGS \$6,367	#55426	2015 Chev Silverado HD C/C 4x4	Was \$82,615	NOW \$65,488	SAVINGS \$17,127
#57311	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOW \$58,888	SAVINGS \$16,982	#55427	2015 Chev 1500 Silverado High Country C/C 4x4	Was \$68,380	NOW \$54,488	SAVINGS \$13,892
#55215	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$82,035	NOW \$65,488	SAVINGS \$16,547	#57519	2015 GMC 1500 Sierra C/C 4x4, Lifted, Wheel Pkg	Was \$82,825	NOW SOLD	SAVINGS \$11,937
#57318	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOW \$58,888	SAVINGS \$16,982	#55421	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOW SOLD	SAVINGS \$17,327
#57321	2015 GMC 2500 Sierra C/C Denali 4x4	WAS \$75,870	NOW \$58,888	SAVINGS \$16,982	#55428	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOW \$65,488	SAVINGS \$17,127
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#57337	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,520	NOW \$44,388	SAVINGS \$13,132	#52036	2015 Corvette Stingray Coupe Z51, 3LT	Was \$85,120	NOW \$69,255	SAVINGS \$15,865
#57291	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOW \$58,888	SAVINGS \$16,982	#52041	2015 Corvette Stingray Convert 3LT	Was \$87,490	NOW SOLD	SAVINGS \$13,800
#57334	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$87,040	NOW \$69,988	SAVINGS \$17,052	#57534	2015 GMC 1500 Sierra 4x4	Was \$62,925	NOW \$48,488	SAVINGS \$14,437
#55241	2015 GMC 2500 HE Sierra C/C 4x4	WAS \$81,980	NOW \$64,998	SAVINGS \$16,982	#52119	2015 Chev Camaro LT 2LT Coupe	Was \$40,440	NOW \$29,998	SAVINGS \$10,442
#57333	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$87,040	NOW \$69,988	SAVINGS \$17,052	#55455	2015 Chev 1500 Silverado C/C 4x4	Was \$63,535	NOW \$49,488	SAVINGS \$14,047
#57290	2015 GMC 2500 HD Sierra C/C 4x4	WAS \$69,050	NOW \$51,888	SAVINGS \$17,162	#55459	2015 Chev 1500 Silverado C/C 4x4	Was \$63,535	NOW SOLD	SAVINGS \$14,047
#57369	2015 GMC 1500 Sierra C/C SLE 4x4	WAS \$54,955	NOW \$41,988	SAVINGS \$12,957	#52488	2015 Chev Cruze 1LS	Was \$18,370	NOW \$11,988	SAVINGS \$6,382
#55293	2015 Chev 1500 Silverado C/C 4x4	WAS \$64,460	NOW \$49,888	SAVINGS \$14,575	#57547	2015 GMC 1500 Sierra Base R/Cab	Was \$38,210	NOW \$30,998	SAVINGS \$7,212
#52337	2015 Chev Cruze 4D 2LS Auto	WAS \$22,520	NOW \$15,988	SAVINGS \$6,532	#56530	2015 Chev Canyon SLE Crew Cab	Was \$40,490	NOW \$32,988	SAVINGS \$7,502
#58004	2015 Chev City Express LS	WAS \$29,410	NOW \$22,488	SAVINGS \$6,922	#55732	2015 Chev 2500 Silverado L HD C/C 4x4	Was \$59,085	NOW \$42,888	SAVINGS \$16,197
#55311	2015 Chev 1500 Silverado C/C 4x4	WAS \$63,085	NOW \$48,888	SAVINGS \$14,197	#54942	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOW \$34,488	SAVINGS \$4,867
#56508	2015 Chev Canyon Ext/C 4x4	WAS \$40,955	NOW \$35,888	SAVINGS \$5,067	#54943	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOW \$34,488	SAVINGS \$4,867
#56513	2015 Chev Canyon Ext/C 4x4	WAS \$40,955	NOW \$35,888	SAVINGS \$5,067	#57557	2015 GMC 1500 Sierra Reg/C 4x4	Was \$36,910	NOW \$29,988	SAVINGS \$6,912
#59738	2015 GMC Acadia AWD SL1	WAS \$53,470	NOW \$44,888	SAVINGS \$8,582	#56531	2015 Chev Canyon SLE Crew Cab	Was \$36,010	NOW \$29,998	SAVINGS \$6,012
#52400	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,205	NOW SOLD	SAVINGS \$7,017	#59288	2015 Buick Verano	Was \$26,465	NOW \$20,488	SAVINGS \$5,977
#52392	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,205	NOW SOLD	SAVINGS \$7,017	#59289	2015 Buick Verano	Was \$26,085	NOW SOLD	SAVINGS \$6,087
#54129	2015 Chev HD Express Cutaway	WAS \$54,771	NOW \$48,488	SAVINGS \$6,283	#54945	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOW \$34,488	SAVINGS \$4,867
#55345	2015 Chev 1500 Silverado C/C 4x4	WAS \$62,380	NOW \$48,988	SAVINGS \$13,392	#59426	2015 Buick Encore AWD	Was \$34,110	NOW \$26,888	SAVINGS \$7,222
#52414	2015 Chev Cruze 4D 2LS	WAS \$21,070	NOW \$14,688	SAVINGS \$6,382	#59427	2015 Buick Encore AWD	Was \$32,340	NOW \$25,488	SAVINGS \$6,852
#55352	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$71,835	NOW \$55,488	SAVINGS \$16,347	#57577	2015 GMC 1500 Sierra DENALI C/C	Was \$73,110	NOW \$57,988	SAVINGS \$15,122
#59252	2015 Verano	WAS \$26,465	NOW \$20,588	SAVINGS \$5,877	#56397	2015 GMC Terrain SLE	Was \$35,915	NOW \$28,888	SAVINGS \$7,027
#52415	2015 Chev Cruze 4D 1LS	WAS \$18,370	NOW \$11,998	SAVINGS \$6,372	#54834	2015 Chev Trax LS	Was \$21,490	NOW \$16,688	SAVINGS \$4,802
#52420	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,010	NOW SOLD	SAVINGS \$7,022	#54835	2015 Chev Trax LS	Was \$21,490	NOW \$16,688	SAVINGS \$4,802
#57482	2015 Chev 2500 HD Sierra C/C SLE 4x4	WAS \$72,385	NOW \$56,288	SAVINGS \$16,157	#56131	2015 Chev Equinox LS	Was \$28,765	NOW \$22,388	SAVINGS \$6,377
#52429	2015 Chev Cruze 4D 2LS Auto	WAS \$22,520	NOW \$15,988	SAVINGS \$6,532	#56398	2015 GMC Terrain SLE2	Was \$33,689	NOW \$26,988	SAVINGS \$6,701
#55383	2015 Chev 1500 Silverado C/C 4x4	WAS \$68,000	NOW \$53,488	SAVINGS \$14,512	#52492	2015 Chev Cruze 1LS	Was \$18,170	NOW \$11,998	SAVINGS \$6,172
#55394	2015 Chev 2500 Silverado HD C/C High Country Duramax 4x4	WAS \$83,755	NOW \$66,228	SAVINGS \$17,567	#52493	2015 Chev Cruze 1LT Turbo	Was \$23,910	NOW \$16,888	SAVINGS \$7,022
#59261	2015 Buick Verano	WAS \$26,605	NOW \$20,488	SAVINGS \$6,117	#55747	2015 Chev 3500 Silverado HD C/C 4x4	Was \$80,605	NOW \$64,288	SAVINGS \$16,317
#55399	2015 Chev 1500 C/C High Country 4x4	WAS \$66,935	NOW \$53,588	SAVINGS \$13,347	#56674	2015 GMC Yukon XL DENALI	Was \$88,355	NOW \$77,488	SAVINGS \$10,867
#55401	2015 Chev 3500 Silverado HD C/C High Country 4x4	WAS \$83,960	NOW \$66,488	SAVINGS \$17,472	#55561	2015 Chev Tahoe LZ 4x4	Was \$74,635	NOW \$63,888	SAVINGS \$10,747
#55403	2015 Chev 2500 Silverado HD C/C 4x4	WAS \$74,980	NOW \$58,488	SAVINGS \$16,492	#59337	2015 Buick Enclave 1SL AWD	Was \$57,830	NOW \$48,888	SAVINGS \$8,942
#55402	2015 Chev 2500 Silverado HD C/C 4x4	WAS \$59,300	NOW \$42,888	SAVINGS \$16,412	#55754	2015 Chev 2500 Silverado HD 4x4 C/C	Was \$81,480	NOW \$64,788	SAVINGS \$16,692



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RELATIONSHIPS

Half of women with HIV are single

Although successful treatment can significantly reduce the risk of HIV transmission, nearly half of women living with HIV in Canada say they are not in a relationship.

That's one of the findings of a study led by a Simon Fraser University team that has revealed high rates of sexual inactivity and dissatisfaction among women living with HIV in Canada.

Allison Carter, a PhD student in health sciences at SFU, is hoping to change that. "The main message from our research is that HIV-positive Canadian women can and do enjoy meaningful intimate relationships and healthy sexuality after HIV," Carter told Metro.

"We've done a great job of using medicine and education to prevent HIV, and now we really have to teach people about how you can love someone with HIV."

With a team of researchers, Carter is working to normalize sex and intimacy for women with HIV.

The team is using data collected from the Canadian HIV Women's Sexual and Reproductive Health Cohort, which is following 1,425 women in Canada living with HIV over time.

After characterizing their romantic relationships, the researchers are examining how the relationship patterns of HIV-positive women are connected to positive aspects of sexual wellbeing, like pleasure and love.

Carter said early results indicate women who experience a high level of HIV-related stigma are also less likely to be sexually active. Still, 22 per cent report being in a long-term happy and loving sexually active relationship characterized by high physical intimacy and high emotional closeness. **THANDI FLETCHER/METRO**



UBER MONTREAL STANDOFF Taxi and limo drivers targeted Montreal's airport Wednesday as part of their protest against Uber, promising to increase pressure tactics if the company doesn't suspend operations. Drivers descended on Pierre Elliott Trudeau International Airport in the morning and refused to pick up passengers arriving in the city, leaving travellers stranded on the taxi platform. The protest lasted a few hours and no flights were disrupted. **RYAN REMIORZ/THE CANADIAN PRESS**

Students tense after Pride flag is burned

LGBTQ ISSUES

Raising marked start of OUTweek



Thandi Fletcher
Metro | Vancouver

LGBTQ students at the University of British Columbia say they no longer feel safe on campus after a Pride rainbow flag was found burned on Tuesday.

Rachel Garrett, a co-ordinator for UBC's Pride Collective, said emotions are running high for the student-run society after learning that the flag was set

on fire.

"It's been a rough day," Garrett told Metro. "A lot of us are definitely feeling very unsafe right now and that's a very unsettling feeling to have, especially in a city that is seen as so inclusive and on a campus that is seen as so accepting."

The flag was raised Friday at the opening ceremony for UBC Pride Collective's OUTweek activities.

Early Tuesday, two group members discovered the flag was missing and contacted officials, who determined the flag had been burned on the weekend.

In a statement, UBC officials said campus security and RCMP are investigating. "UBC



Coun. Tim Stevenson. COURTESY VANCOUVER MAYOR'S OFFICE

condemns this incident as an act of hate and in contravention of the values of equity, inclusion and respect deeply held by the university community," the statement reads. "The university

encourages student initiatives such as OUTweek as they provide a supportive and inclusive environment for students to explore topics around gender and sexual identity."

Although it's unclear what the motivation was, Garrett said Pride Collective cancelled a march in support of transgender people planned for Wednesday due to safety concerns. Other OUTweek events will continue as scheduled, she said.

"The history of Pride is a history of activism," Garrett said. "It really does show us why OUTweek is important and why we work to create this safe spaces in the first place, because they are so crucial."

IN BRIEF

Feds announce municipal green grants, loans

A \$31.5-million funding announcement is a taste of what municipalities could do with billions in promised infrastructure money from Ottawa, municipal leaders say.

The Green Municipal Fund will support capital projects and support planning, field tests and studies related to future green projects.

THE CANADIAN PRESS

Refugee teen released after near-drowning

A 13-year-old Syrian refugee has been released from hospital after nearly drowning in a pool at a Saskatoon hotel.

THE CANADIAN PRESS

Ghomeshi won't testify in his sexual assault trial

As the sexual assault trial of Jian Ghomeshi neared its final stages Wednesday, one thing became clear: The former broadcaster would not take the stand.

The 48-year-old former CBC Radio host, who has pleaded not guilty to sexual assault and choking charges, has maintained his silence ever since being arrested in November 2014. The case will now move to closing submissions. **THE CANADIAN PRESS**

U.S. Defence Secretary thanks Sajjan for trainers

U.S. Defence Secretary Ash Carter has thanked his Canadian counterpart Harjit Sajjan for tripling the contingent of military trainers in Iraq in a conversation that reprised the defence minister's past soldiering experience in Afghanistan, sources say.

The pivotal conversation marked the first face-to-face meeting between the two ministers, and it came at Wednesday's larger gathering of NATO defence ministers in Brussels. **THE CANADIAN PRESS**

Shortfalls could total \$90B over Liberals' first mandate

The country's dampened economic prospects could put the government on pace for \$90 billion in deficits over its four-year mandate, a report said Wednesday. Research by the National Bank of Canada predicts the public books will sink deeper into the red due to the hobbled economy and vows of fiscal stimulus.

THE CANADIAN PRESS

Manitoba changing how it counts children in care



Tina Fontaine, murdered in 2014, would be excluded in the new count. CONTRIBUTED

Manitoba is changing how it counts the number of children in its care to exclude hundreds of cases such as Tina Fontaine's amid concerns it is being unfairly compared to other provinces.

The 15-year-old, who was killed in 2014, was placed into the care of Child and Family Services voluntarily by her guardians. Unlike other provinces, Manitoba counts voluntary placements in its total number of 10,293 children in its care.

But changes are being made to how the numbers are reported publicly. The province will no longer include children who are voluntarily placed in care as part

of the overall number. When those 700 are removed, the official number falls below 10,000.

It will also exclude kids who are brought into the system under new customary care legislation in which children at risk of apprehension are placed with a family member in their community.

Both will be reported in a separate category.

Manitoba has continued to come under fire for the large number of children in its care. It is also facing a provincial election in April and the First Nations children's advocate is calling the changes a "deplorable"

election ploy.

"Children's lives, human lives, are reduced to be ploys in their campaign tactics. It's deplorable," said Cora Morgan.

Family Services Minister Kerri Irvin-Ross said Manitoba is just levelling the playing field. There is a world of difference between apprehension and a voluntary placement, she said.

"They're reaching out to us and saying, 'Please come and help us.' They can come at any time and say, 'I want my child back,'" she said. "It's very different than a case of a child coming to school with bruises and Child and Family Services being called

... and feeling they have to apprehend for the child's safety."

Neighbouring Saskatchewan — a province of a similar size — has about 4,000 children in care. Alberta and British Columbia each have more than 7,000 kids in child welfare.

Conservative critic Ian Wishart said other provinces do not count kids placed voluntarily into care because there are so few of them.

"They're trying to make it look like they're reducing the number and making progress downward but, the reality is, they are still responsible for that many kids in one form or another," he said.

THE CANADIAN PRESS

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

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Sanders, Trump face challenges

NEW HAMPSHIRE PRIMARY

Stiff tests in Nevada, South Carolina await after big wins

Republican Donald Trump and Democrat Bernie Sanders were moving on Wednesday from commanding wins in the first-in-the-nation New Hampshire primary to more diverse states that will challenge their transformation from outsider candidates to their parties' presidential nominees.

The next Republican contest is the Feb. 20 South Carolina primary. The state is a hotbed of conservative Tea Party groups and evangelical voters that will test Trump's staying power. Next for Democrats is the Nevada caucus on the same day.

Sanders, a self-described democratic socialist, easily beat Hillary Clinton, a former secretary of state and first lady once seen as the all-but-certain Democratic nominee. With more than 90 per cent of the vote counted in New Hampshire, Sanders had 60 per cent to Clinton's 38 per cent.

Trump, the brash real estate billionaire and television personality who has never held public office, had 35 per cent among the Republicans, with moderate Ohio Gov. John Kasich a distant second with 16 per cent.

Texas Sen. Ted Cruz finished third in New Hampshire, former Florida Gov. Jeb Bush was fourth and Florida Sen. Marco Rubio was fifth. Less than a percentage point separated each of those positions.

"I think they're all really potential threats," Trump said of his rivals Wednesday on MSNBC. "But I'm OK at handling threats."

Kasich, who surged from relative obscurity in New Hampshire, has a poorly funded campaign that will struggle to keep up momentum in South Carolina and beyond.

Sanders' campaign launched ads Wednesday in Oklahoma, Minnesota, Colorado and Massachusetts — all states where they believe he can grow.

Clinton's campaign argues she will perform better as the race heads to more racially diverse states, including Nevada and South Carolina. Both New Hampshire and Iowa are overwhelmingly white states.

Civil rights activist the Rev. Al Sharpton said he met with Sanders on Wednesday to discuss issues that affect the African-American community, but said he won't endorse a candidate until after meeting with Clinton next week.

THE ASSOCIATED PRESS

+ GOP RACE

Christie, Fiorina bow out

New Jersey Gov. Chris Christie dropped out of the Republican nomination for president on Wednesday, a day after his disappointing sixth-place finish in New Hampshire's primary.

Christie dropped out of the race the same day that Carly Fiorina announced on social media that she, too, was calling it quits.

THE ASSOCIATED PRESS



INDIA

Elephant goes on rampage

A wild elephant rampaged through an east Indian town on Wednesday, smashing cars and homes and sending panicked people running before the animal was tranquilized and returned to the forest.

As the frightened elephant ran amok, trampling parked cars and motorbikes, crowds of people gathered to watch from balconies and roof tops. Some followed from a distance as the elephant moved through the streets.

"The elephant was scared and was trying to go back to the jungle," said Papaiya Sarkar, a 40-year-old homemaker who watched the elephant amble down a street.

The elephant had wandered from the Baikunthapur forest, crossing roads and a small river before entering the town of Siliguri in West Bengal state.

Divisional Forest Officer Basab Rai said the female elephant appeared to be a loner without a herd, and was likely searching for food.

He said it did not attack any people, and appeared to be afraid of them. After several hours, it became clear the elephant was unable to find its way back to the forest.

Authorities eventually shot the elephant three times with a tranquilizer gun and used a crane to lift it into a truck once it had calmed down.

It was then taken to a park for domesticated pachyderms that is maintained by the forest department. Once the effect of the tranquilizer wore off, authorities planned to return the elephant to the forest, Rai said.

Elephants are increasingly coming into contact with people in India, as the human population of 1.25 billion soars and cities and towns grow at the expense of jungles and other elephant habitats. In India and Sri Lanka, more than 400 elephants and 250 humans are killed each year.

India's elephants are also threatened by illegal poachers looking for ivory to sell on the black market. THE ASSOCIATED PRESS

1 A wild elephant that strayed into the town moves through the streets as people follow at Siliguri in West Bengal state, India, on Wednesday. The elephant had wandered in from the forest, crossing roads and a small river before entering the town.

2 People watch as a wild elephant roams through the town.

3 The panicked elephant ran amok, trampling parked cars and motorbikes and frightened residents before it was tranquilized.

ALL PHOTOS THE ASSOCIATED PRESS



AUSTRALIA

Veteran reunites with wartime girlfriend

A 93-year-old American veteran from the Second World War embraced his wartime girlfriend in Australia in their reunion Wednesday after more than 70 years apart.

Norwood Thomas and 88-year-old Joyce Morris laughed as they wrapped their arms around each other after Thomas flew from Virginia to the southern Australian city of Adelaide to reconnect with his long-lost love.

"This is about the most wonderful thing that could have happened to me," Thomas said, in a reunion broadcast on Chan-

nel 10's The Project.

"Good," Morris replied with a laugh. "We're going to have a wonderful fortnight."

Morris was a 17-year-old British girl and Thomas was a 21-year-old paratrooper when they first met in London shortly before D-Day. After the war, he returned to the U.S. The pair wrote letters to each other, and Thomas asked Morris to come to the U.S. to marry him. But somehow Morris misunderstood and thought he'd found someone else, so she stopped writing.

The two eventually married other people. Thomas's wife

died in 2001; Morris divorced her husband after 30 years.

Last year, Morris asked one of her sons to look for Thomas online, and they found his name featured in an article about D-Day that ran in The Virginian-Pilot newspaper.

Thomas and Morris reconnected via Skype. After their story went public, hundreds of people made donations to help fund Thomas's trip to Australia from his hometown in Virginia Beach.

The two are planning to spend Valentine's Day together.

THE ASSOCIATED PRESS



Norwood Thomas, holds a photo of Joyce Morris at his home in Virginia Beach, Va.

BILL TIERNAN/THE ASSOCIATED PRESS

IN BRIEF

Self-driving cars a step closer to reality

Computers that control cars of the future can be considered drivers just like humans, the U.S. federal government's highway safety agency has decided.

The redefinition of "driver" by the National Highway Traffic Safety Administration is an important break for Google, which is developing self-driving cars that get around without steering wheels, pedals — or even the need for a person to be inside.

THE ASSOCIATED PRESS

France passes citizenship revocation bill

French lawmakers have approved a divisive bill aimed at making it possible to revoke the citizenship of people convicted on terrorism charges.

The bill, presented by Socialist Prime Minister Manuel Valls in the wake of the Paris attacks last year, passed by 317-199 Wednesday in parliament's lower house, the National Assembly. Many on the left expressed indignation at the move and refused to vote for it. THE ASSOCIATED PRESS



Fans gather outside Tom's Restaurant on May 14, 1998 in New York ahead of the last episode of the TV show Seinfeld. The show used the restaurant's exterior for a set. AFP/GETTY IMAGES



Plans for a Central Perk popup in Toronto are underway as organizers look for locations. FACEBOOK

Popups use nostalgia to draw in customers

MARKETING

Recreating iconic fictional hangouts are part of a trend

This summer in Toronto, Seinfeld fans will be able to dine at a replica of Monk's Café, while Friends enthusiasts will have the chance to get their caffeine fix at Central Perk.

The iconic fictional hangout re-creations are part of a trend as entrepreneurs and restaurateurs evoke nostalgia to lure in customers — a marketing play often used in retail.

"If everybody else is doing that, why not restaurants?" said Carol Wong-Li, a senior

analyst of Canadian lifestyle and leisure at Mintel.

The entertainment industry has long used nostalgia, she said. Disney recently revamped the Star Wars saga, which has proved to be a boon for Cineplex, while Netflix has revamped beloved shows like Full House and Arrested Development.

For eateries, this strategy helps mitigate risk, said Wong-Li, as it provides them with a built-in customer base from the cult shows' fandom.

"Seinfeld is just this cultural phenomenon," said Mackenzie Keast, co-organizer of the up-

coming Seinfeld popup diner in Toronto.

He and his three, fellow Seinfeld-loving friends plan to pay homage to the show by serving foods central to plot lines, like chocolate babka, muffin tops and Kenny Rogers's chicken.

After Keast and his friends announced their plans on Facebook, nearly 30,000 expressed interest in attending the launch party July 15.

"To enter the world of Seinfeld a bit, I think, is really exciting for a lot of people," he said.

Fans of Friends seem driven

by a similar desire. They've flocked to replica Central Perk popups in England and New York.

Now, one is set for a brief stint in Toronto this summer.

Joshua Botticelli and two of his friends planned to open it for one day in June. But, after more than 50,000 people said on Facebook they wanted or planned to go, the trio decided to extend its run to at least three days.

If all those prospective customers do show up to immerse themselves in these TV set replicas, it can pay off financially.

People are more likely to loosen their purse strings when feeling nostalgic, according to a 2014 study published in the Journal of Consumer Research.

THE CANADIAN PRESS

EMPLOYMENT

Health plans tweaked for millennial workers

During his three-year tenure as a financial analyst at one of Canada's biggest banks, Devon Wright never once used his company health plan.

"There was just nothing there that was of any interest to me," says Wright, 28.

So when Wright quit his job in 2012 to launch technology company Turnstyle Solutions, he decided to create a benefits package tailored to his needs.

Turnstyle is one example of how Canadian companies are tweaking their health plans in order to appeal to a new generation of employees in

the coming years.

In addition to the standard drug and dental benefits, Turnstyle covers naturopathic medicine, mental health counselling and provides a fitness subsidy.

The Toronto-based startup also offers free, healthy meals — a major perk for 23-year-old Sam Hillman.

"This emphasis on living a healthy lifestyle really shows the company's commitment to me as a holistic individual," says Hillman, an account director.

THE CANADIAN PRESS

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Faith and fear
Religious people give more charity to strangers if they believe God will punish them for insufficient generosity, new research shows.

CHANTAL HÉBERT: ON THE POST-ELECTION POST-MORTEM



Key Conservative and NDP insiders have been delivering some preliminary conclusions as to the cause of their defeats. Their findings are surprisingly interchangeable.

On a week that marks the passing of Justin Trudeau's 100th day in power, key Conservative and NDP insiders have been delivering some preliminary conclusions as to the causes of their October defeats.

Their findings are strikingly interchangeable — with the popular momentum for change somewhat conveniently fingered as a root cause of electoral failure.

In an op-ed piece published on Monday in *The Globe and Mail*, former Conservative campaign manager Jenni Byrne states: "The Liberals won because Canadians had an overwhelming desire for change, the extent to which wasn't fully appreciated until after the campaign had started."

In a memo summarizing the party's campaign review to date, NDP president Rebecca Blaikie reports: "Our campaign presented us as cautious change, which was out of sync with Canadians' desire for a dramatic break from the decade of Harper's rule, a desire we contributed to building."

Those who have kept their ear to the opposition ground since the election will find the refrain familiar. On the right, as on the left, there is no lack of party loyalists looking for solace in the notion that, in four years, the appeal of Trudeau's change agenda will have faded, with the pendu-

lum swinging back their way.

Indeed, Byrne does not exclude the possibility that her party could be back in power as early as 2019. Over on the NDP side, Thomas Mulcair is counting on his prime ministerial gravitas to see him through a leadership review later this year.

Fatigue with the ruling Liberals will eventually set in, although history suggests that could take more than a single mandate. But meanwhile, the Conservatives and the New Democrats, as they look back on their failed campaigns, should take care not to miss the forest for the trees.

I will come back in a future column to the NDP's contention that it offered "cautious change," but first, the myopic inside view from the Conservative backroom.

How is it possible that the party brain-trust underesti-

mated the potential force of the tide for change? It was a current running through public-opinion polls for most of the life of the last Parliament.

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent at the federal level.

In provinces such as Ontario, British Columbia and Manitoba, the incumbent parties that had recently beaten the odds and stayed in power beyond a third mandate had all changed leaders along the way.

Not only was Harper staying put for a fifth campaign, there was no compensatory injection of new blood in his team. On the contrary, there was a pre-election bloodletting of government talent.

Byrne credits a strong ground game for the party raking in almost as many votes

(5.6 million) in October as at the time of its 2011 majority victory (5.8 million).

But almost three million new or lapsed voters turned out in October, with the Conservatives ending up with a smaller share of an expanded election pie.

Together the Reform/Alliance and the Progressive Conservative parties lost to Jean Chrétien in 1993, 1997 and 2000 with a larger percentage of the vote than the unified party Harper led to defeat against Trudeau last fall.

The Liberals campaigned to the left of the NDP under a leader with none of the business or political credentials that had made Paul Martin and Chrétien appealing to many soft conservatives. It would be presumptuous for the Conservatives to assume the 2015 contingent of new voters is made up of people who lean to the right.

Byrne also asserts her party shot itself in the foot by tripping the NDP with the niquab issue in Quebec. (She makes it clear it was not her idea.) To win, she contends, Harper needed the NDP to do better.

Fair enough, but isn't the absolute dependency of the Conservatives on a favourable Liberal/NDP split to win an admission that the party has been and is content to fail to thrive on its own policy merits with as much as two-thirds of the electorate?

If that were the case, the Conservatives would — absurdly enough — have a bigger stake in a successful recast of the NDP than in their own post-election makeover.

Chantal Hébert is a national affairs writer. Her column appears in *Metro* every Thursday.

metroview

A terrifying task: Teaching my teens to take the right risks



Darren Krause
Metro | Calgary

Last weekend, my 15-year-old son and I were getting ready for a morning of haircuts, an oil change and, of course, checking the previous night's Lotto Max tickets.

Instead of engaging him in small talk to lubricate his 9 a.m. teen brain, I began with this: "I want you to know what happened last night at Canada Olympic Park. Two teenagers died and six others were injured after they took their own sleds down the bobsled track."

This was, of course, the tragic story of Calgary twins Jordan and Evan Caldwell, and six of their friends.

He was momentarily speechless.

"Why?" he asked, eventually.

"I don't know, but that's why I'm always on you about making sound decisions. I don't want to be the parent who gets a call from police to tell me my son has died."

I was pretty blunt.

I might think that a wilful disregard for our parental authority causes teens to do the ill-advised things they sometimes do. But science tells us that teens come by questionable decisions honestly.

Dr. Kelly Schwartz, associate professor in the University of Calgary's child psychology program, says teens tend to use the emotional parts of their brain — the base region called the limbic system that's

been around in our ancestors for millions of years. They like to feel a rush and tell their friends about it afterward!

Until recently it was believed that by adolescence the brain was 98 per cent developed. Not so, Schwartz says.

The frontal lobe, which processes action and future consequences, isn't fully developed until the 20s. Tack on peer pressure, and it's a recipe for disaster.

When we adults raise an eyebrow over choices our kids make, we're doing so with the benefit of fully developed frontal lobes.

Schwartz offers some basic advice to parents to exercise that teen frontal lobe.

First: Put your kids in positions in which they can either succeed or safely fail. Help them build that library of experience and consequences that they can draw upon when it really matters.

Bad decisions are a part of life. We were all teens once. We've all done something where we cheated death by the narrowest of margins.

I try hard to see things through the eyes of my 15-year-old.

This understanding helps me as I personally try to make sense of this tragedy and try to parlay it into a lesson for all four of my boys. Only time — and experience — will tell if I've done enough.

Darren Krause is the managing editor of *Metro* Calgary. Follow him on Twitter @metro_dk.

THE MICROTREND: What's old is brewed again



The name "compost cocktails" doesn't exactly inspire cheers, so "closed loop" is the moniker mixologists have given to a growing fad: up-cycled alcoholic drinks made with ingredients scavenged from the green bin. A huge hit across the pond, they're the beverage equivalent of the "nose-to-tail" food movement, which has seen dishes such as pig's-head sausage, jellyed tripe and bone-marrow toast pop up in trendy brunch spots across Britain. Perhaps a nip of eggshell-infused vinegar or coffee oil distilled from used grounds doesn't scream "bottoms-up!" to you, but tamer trash-to-treasure tipplers — house-fermented fruit scraps, macerated citrus peels — are proving popular with London bar-goers. SOURCE: THE DRINKS BUSINESS

Harper was seeking to win a fourth consecutive mandate, a feat for which there was no modern precedent.

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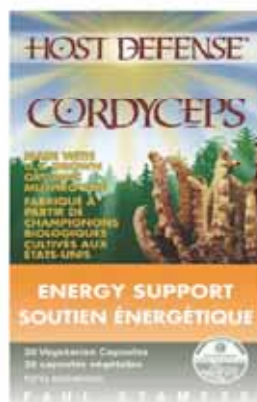
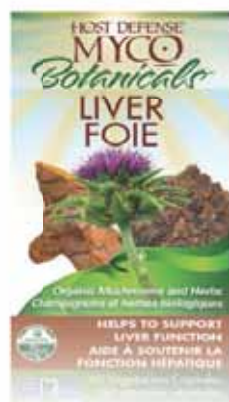
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- 1 tsp thyme
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PARENTING

Author says boys must learn self-expression

Navigating parenthood at a time when masculinity is being re-defined can be a mystifying experience for parents of boys.

Michael Reist, a Caledon East educator, seeks to help parents and teachers understand boys in his new book, *Raising Emotionally Healthy Boys*. The goal is to accommodate boys' needs and encourage them to express their feelings.

What do parents need to avoid doing?

My central thesis is that the No. 1 problem affecting males today is emotional repression. And the question is when does this repression begin? When boys enter school the first thing they experience is a shutdown of their boy energy, their need for movement and space.

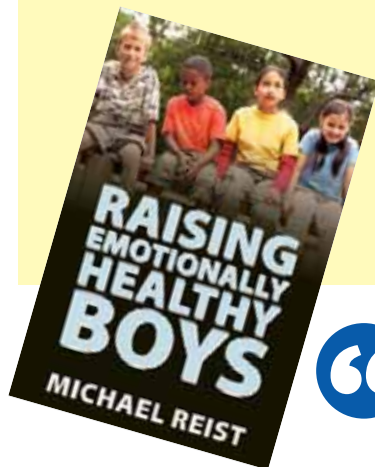
The whole world tells them that there's something wrong with them. By Grade 3 they realize this isn't working for me, I'm not welcome here. My energy is a problem.

My main message, really, is to teachers I suppose when it comes to entering school: We need to do better at accommodating boy energy in school and modifying the environment of school to be more boy-friendly.

You talk about us, as a society, coming to the end of thousands of years of patriarchy. What do you mean by that?

Well, the biggest revolution that we have experienced in

How to raise a modern man



my lifetime is feminism and feminism has totally changed the world.

This history of Western civilization is basically the history of patriarchy where men ruled. Since the 1960s, that has completely changed and the whole dynamic of society,



To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.

Michael Reist, author

the whole power structure of society, has changed. This is a fantastic thing. But women have had incredible role models in feminism.

On the male side, there's been absolutely nothing equivalent to that. Young boys and men are going to have

to retool to fit themselves into this new economy which is about language, which is about connection, which is about relationships.

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.



ISTOCK

How should we help retool boys for the future?

It all comes back to modeling. Boys need men who are comfortable with their emotions. We've got to get away from the idea of the stupid, irresponsible male — you get the Charlie Sheen (character on *Two and a Half Men*) ... who's only interested in sex and that becomes the ha-ha image of masculinity.

Are you suggesting that parents should all be signing their

kids up for art lessons?

It sounds frivolous. But signing girls up for hockey, that doesn't sound stupid. We really have a problem with boys with the arts, with the so-called soft skills. Creative writing, discussion groups — anything that involves expression of the self — the arts includes drama, dance, singing, all of those things (are positive).

Does one parent over the other typically have more of an impact on boys' emotional health? Mom versus dad?

Mother is still generally the primary caregiver in the early years. Fathers have to increase their role. At puberty the boy needs a model of what it is he's going to become. One of the reasons we have these man boys — playing video games while the wife runs the house — is because of the lack of initiation into positive male manhood.

It's an essential element of emotional health for males to have male role models showing them what positive manhood is.

When you say, "Men are as much the victims of patriarchy as women are," what do you mean?

Men are crushed by the rat race of patriarchy. Their lives are so damaged by the competitive patriarchal world of one-upmanship, the Donald Trump world of, "Take care of yourself, forget about the rest." It doesn't serve women, nor does it serve men. It serves the bullies. Let's change the whole system. Don't just come in here and join the old boys club — let's change the club.

TORSTAR NEWS SERVICE

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Musical time warp turns the tables

DEBUT NOVEL

Concert-loving time travellers tinker with past at their peril

Sue Carter

For Metro Canada



When news broke of David Bowie's death last month, devastated fans consoled themselves by playing his music and sharing favourite YouTube videos. Those who were lucky enough to see Ziggy Stardust live recalled witnessing one of rock 'n' roll's all-time greatest performers.

For devoted music lovers, the desire to relive a favourite show or witness a concert from a band's early days comes with fandom. In her debut novel *Every Anxious Wave*, Portland, Ore., author Mo Daviau takes that fantasy a step further when her character, a thirty-something bartender named Karl Bender, discovers a wormhole in his closet that



Author Mo Daviau "wanted to write a feminist novel from a male perspective." COURTESY JON BOLDEN

launches people back in time to see musicians like Queen and Elliott Smith do their thing on stage.

Of course, time travel has consequences. When Karl accidentally transports his friend and business partner Wayne back to the year 1980 instead

of 1980, he enlists the help of Lena Geduldig, a young, music-geek astrophysicist who wears her damaged past like an impenetrable suit of armour.

The plot shifts into an unlikely love story, and a reminder that messing with the past isn't always such a great idea.

The book's concept came to Daviau — who grew up on Sassy magazine, and was a college-radio DJ at Smith College during the 1990s — as she was at home alone one night, feeling sorry for herself.

"I had this idea that if I just cranked a song up loud enough

I could break the space-time continuum and be transported back to 1995 and make different adult life choices for myself," she says. "I turned it up, but of course it didn't happen."

From the beginning Daviau knew she wanted a male protagonist, but not a typical "dude."

Karl — a former guitarist in a 1990s alternative band that enjoyed a certain amount of success — initially comes across as emotionally stunted, but he grows to become Lena's caregiver, despite how much she fights him off.

"I wanted to write a feminist novel from a male perspective," she says.

Pulling together *Every Anxious Wave*, published by St. Martin's Press, required eclectic research. As an icebreaker at parties and bars, Daviau would

ask people "if you could go back in time to see any rock show what would it be?"

Thanks to a friend with a post-doctorate in astrophysics, she learned about the Einstein-Rosen Bridge, a hypothetical method of folding time, though she was never too concerned about its intricate mechanics, considering that Karl never really questions how the wormhole works.

"A lot of my hardcore sci-fi friends have taken me to task — that it's a weakness in the book that there's not a lot of explanation of the science behind it," she says, laughing. "I do cheat a little with his first-person voice."

As for her own rock 'n' roll time-travel fantasies? Daviau answers without hesitation: "The first-ever R.E.M. show in 1980 in Athens, Ga. The other would be the time I saw my favourite local Austin, Texas, musician David Garza play at the Continental Club ... He gave me a sweaty kiss on the cheek, and said, 'Hey girl, good to see ya.'"

Sue Carter is the editor at Quill & Quire magazine.

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Firewatch is a cross-Atlantic collab



In Firewatch, you play Henry, a man who has retreated from his complicated life to a fire lookout in Wyoming. CONTRIBUTED

NEW GAME

Developers spread over England, Vancouver

In a video game world full of shooters and sequels, Firewatch offers a refreshing change of pace.

Firewatch, available for PC and PlayStation 4 for \$19.99, drops the gamer into the Wyoming wilderness in 1989. You play Henry, a man who has retreated from his complicated life for a stint as a fire lookout. Your only connection to the outside world is the voice of your supervisor, Delilah, over a handheld radio.

Any hopes for a simple summer soon disappear, however. You have to sort out the past

and the present.

The game's visuals are beautiful and the story-telling is smart right from the get-go, with an introduction that is compelling and quite poignant. Game play is simple but satisfying.

Equally impressive is the fact that Firewatch is the debut title from Campo Santo, a small studio co-founded by Jake Rodkin and Sean Vanaman, who worked on Telltale Games' acclaimed The

Walking Dead episodic game.

Firewatch, two years in the making, was produced with the help of Panic, a Portland-based Mac/iOS developer.

While Campo Santo has seven staffers in San Francisco, it draws on employees in other countries.

Nels Anderson, a Canadian-U.S. dual citizen, is based in Vancouver while acclaimed artist Olly Moss and animator/designer James Benson live in England.

It works thanks to video conferencing.

"When our day starts we just jump on that video conference and then we're just kind of there as a big disembodied head floating in the back of the office," Anderson said of the foreign contingent.

Anderson was born and raised in Jackson, Wyoming. Vanaman moved to Cody, Wyoming, as a child. Shoshone National Forest was essentially slap in the middle between two. "This is probably the most Wyoming-est game that has ever been produced," joked Anderson.

He came to Vancouver for grad school and never left, marrying a Canadian along the way. He worked for Vancouver game developer Klei (pronounced Clay) Entertainment before joining Campo Santo.

"We set out to make games about interesting people in fascinating places," says the company website.

Soon the small band was producing a game and building a company at the same time.

"I think it helped that even though we had never worked together before, this was not anyone's first rodeo," said Anderson.

Still they were plenty of challenges. "Games hate to be made," Anderson said with a laugh. "Any chance they have to not do what they're supposed to, they will take." THE CANADIAN PRESS

UPCOMING

New Potter book for muggles

The world is getting an eighth Harry Potter book. Everyone's favourite wizard is back this summer in Harry Potter and the Cursed Child Parts I and II.

The book is based on one of the first scripts of the play debuting in London this year, conceived by J.K. Rowling, playwright Jack Thorne and theatre director John Tiffany.

If you were already hoping for a Cursed Child tour, you're in luck. No need to head to London, you and your Muggle money can pick up a copy July 31, 2016. The setting is 19 years after the final epilogue in Harry Potter and the Deathly Hallows, where Harry is at platform nine-and-three-quarters, bidding farewell to his children on their way to Hogwarts. The synopsis of the play was posted on Pottermore.com, J.K. Rowling's Harry Potter fan site, back in October 2015. It was also tweeted out by Rowling. Harry is working at the Ministry of Magic and will play a role in the book/play, but it will likely focus around Albus Severus Potter, his and Ginny's youngest son.

REBECCA WILLIAMS/METRO WITH FILES FROM THE ASSOCIATED PRESS



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Oh not OK with racial casting in animation

DIVERSITY

Star picks her battles in fight to change Hollywood

Sandra Oh is bringing the diversity debate to the world of animation. The former *Grey's Anatomy* star says race seems to have been a bigger factor in landing animated parts than her various film, TV or theatre gigs.

"I have been more and specifically typecast, if one can say that, in animation than in anything else," Oh said in a recent call from Los Angeles.

"All the characters I've played are specifically Asian. And I don't particularly think that I have a specifically Asian voice."

The Ottawa-bred Oh has lent her vocal talents to projects including *American Dad*, *Phineas and Ferb*, *American Dragon: Jake Long* and *Mulan 2*.

She'll next be heard in the Canadian animated film, *Snowtime!*, about a group of kids from a small village who embark on a massive snowball fight. It opens across Canada on Friday after pulling in more



Hollywood's diversity problem: Sandra Oh, who has lent her voice to many animated projects, is speaking out about the lack of work available for minorities. TORSTAR NEWS SERVICE

than \$3 million at the Quebec box office.

Oh said she relished the chance to get to play a boy in the film — a nerdy genius who builds an intricate snow fort at the centre of the battle. Her character Frankie isn't obviously Asian, but his skin is slightly darker and his eyes appear slightly smaller than other characters.

Producer Marie-Claude Beauchamp acknowledged in an email that Frankie has some Asian traits, but said "being Asian had nothing to do with the decision to cast Sandra Oh in the role."

Without directly referring to her *Snowtime!* experience, Oh said she's always found it "very curious and annoying, that I've been more racially typecast in

animation."

"I remember one time — this is years ago — just going, 'Why am I only going out for the Asian animated character?' And then trying to kind of make headways into like, 'Oh, can I be the Barbie voice? And not Barbie's doctor or something like that?' But no."

Oh said she's heartened by the current diversity discussion surrounding the Academy

Awards, which has the ignominious honour of celebrating all-white acting nominees for the second year in a row.

But the problem is really with the film studios, said Oh, an academy member whose big screen roles include *Sideways*, *Rabbit Hole*, *Tammy and Blindness*.

"The academy is like the tip of the iceberg. If there's noth-

“

Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white.

Sandra Oh

ing to vote for, then there's no one to reward," she said.

"A way bigger challenge, or battle, is to help change the entire Hollywood system."

When it comes to chasing roles, Oh said she picks her battles carefully. She's not interested in working with anyone who hasn't displayed a willingness to embrace diversity.

"There are plenty of places that I'm not interested in going into because what's the point, they're never going to hire me," she said, reviving long-standing complaints surrounding one Hollywood heavyweight. "Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white. So don't go down that alley." THE CANADIAN PRESS



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FEBRUARY 1 - APRIL 4

metro

Comedy about 40-somethings gets to messy heart of love



JOHANNA SCHNELLER
WHAT I'M WATCHING

THE SHOW: *Catastrophe*, Season 1, Episode 4 (Shomi)
THE MOMENT: The Wave

Sharon and Rob (Sharon Horgan, Irish, and Rob Delaney, American, who also write the show) are having a rough patch. Not only did she get pregnant the week they met, their baby may have Down syndrome. Sharon doesn't know "if I'm a good enough person to be able to look after a disabled child." Now, in a supermarket, her phone rings. It's the results of her amniocentesis.

Sharon nods. Her knees buckle. Rob finds her lying on the floor. "The hospital called," she says. "It's all OK."

Here's the thing about *Catastrophe*: it's a comedy. A clever, grown-up comedy, about two 40-somethings who are long past believing in happily ever after but decide to make a go of it anyway. It's full of witty, imperfect characters delivering droll observations about sex and family.

But because it's made by adults, it also finds room for this scene, which follows the supermarket: Sharon, waiting



Horgan and Delaney, writers and co-stars of *Catastrophe*, a comedy about life's curveballs. CONTRIBUTED

in a taxi queue, spies a little girl with Down's, who waves at her. Sharon catches the mum's eye. "She's gorgeous," she says.

"She is, isn't she?" the mum replies. Sharon looks away and the feeling that floods her face is remarkable: she's stricken, relieved, guilty, everything, all at once.

There are a dozen series out there about young people struggling to believe in couple-

dom. *Catastrophe* goes deeper, to the messy heart of what love is. When a show that makes you laugh throughout suddenly makes you cry? Not by manipulation, but by recognizing a character's ambivalence? That's gorgeous.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Culinary classes can be a fun way to cook up a little romance. ISTOCK

Unwrapping the gift of a couple's getaway

THINGS TO DO

Do something different and give a little time this year

Tanya Enberg

From snowshoeing and hiking at a cosy cabin retreat to heating things up in the kitchen, with Valentine's Day falling on a long weekend this year, it is a great time to squeeze in a mini getaway. Here are five fun ideas for creating a special escape with your loved one.

Culinary classes

Take plans for an intimate dinner one step further by making it together. Master a wine reduction sauce, grill perfectly seasoned steaks for two, and discover the art of fresh pasta making learning valuable tricks from seasoned chefs during a weekend culinary getaway.

For foodie couples and amateur home cooks alike, consider this a fun and flavourful recipe for romance.

Casino weekend

Bust out the halter dress and Frank Sinatra-inspired swag-



Getting out into the outdoors and away from life's distractions might include a little cross-country or downhill skiing. ISTOCK

ger while testing your luck at the casino. Most casino towns are ripe with action beyond the chips, from hole-in-the-wall diners and high-end eateries, to lively bars, stage shows and museums along brightly lit neon strips (think Niagara Falls and Atlantic City). It's the best glittery backdrop for a non-traditional, action-packed weekend.

Rent a home away from home

Fully stocked with all the essentials, renting a house for the weekend is a simple and easy escape featuring all of the creature comforts of home. Wheth-

er exploring another neighbourhood in your own city or a new one altogether, it's a great way for couples to step out of the day-to-day and hit the refresh button. Get your search started on airbnb.ca or homeaway.ca.

Cabin retreat

Take a break from digital distractions and to-do lists for a truly bonding retreat at a winterized cabin or bed and breakfast. Spend your days absorbing nature while snowshoeing or hiking the trails.

Go for a light skate and peruse local shops and attractions. At night, slow the pace down

+ TIPS

How to plan a surprise weekend escape:

- Make sure your partner's schedule is clear before you book
- Book your getaway using a payment card that's in your name only to ensure the utmost secrecy
- Be sure to clear the browsing history on your computer
- Throw your lover off track with a gift-wrapped box with the trip details tucked inside

even further by snuggling up by a crackling fire and sipping oversized mugs of hot cocoa.

Ski adventure

For snow-loving couples, renting a ski chalet for the weekend may be the magical ticket to romance and adventure.

After a day of snowboarding or skiing, head to the spa for a couples' massage to help nurture aching, après-ski muscles. Make a reservation at a nearby restaurant, simmer down with a drink by the fire, and hit the sheets early so you can get a few morning runs in on some fresh powder.

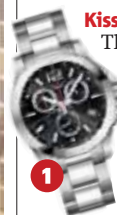
FOR HIM AND HER

The many ways to show your love

Our couples gift guide of smooth skin, soft scents and tokens of love... you're welcome.

Better than chocolate

Tease your appetites with this aromatic scrub that gently buffs away dry patches without leaving a greasy finish on skin. Better than chocolate on the sheets, trust. Fresh Cocoa Body Exfoliant, \$54 at Sephora, sephora.ca.



Kissable

This playful gift box is stocked with future bath time fun as well as a tasty lip scrub and lip balm saucily named The Kiss. Lush Love and Kisses box, \$54.95 at Lush stores, lush.ca.

Organic oils

Bouquets are pretty, but instead think organic rose essential oil + organic hand-pressed argan oil for soft, supple skin. It's the gift that keeps on giving. Leaves of Trees Rose Argan Oil, 50 mL, \$95 via leavesoftrees.com.

Soothing baths

This clever bathbomb soothes tired muscles with Epsom salts and arnica, conditions with avocado oil, and invigorates the spirit with a light grapefruit essence. Consonant Skincare Muscle Relief Bath Bomb, \$9 at consonant skincare.com.

Good with gold

Make her melt with a hug and a kiss in 14K rose gold and white diamonds. Dana Rebecca Designs Initial Cuff, \$1650 US, danarebeccadesigns.com.

Pretty purse

Adorable and this heart-cross-body purse makes a flirty, shaped makes a sweet statement. \$45 at Indigo, indigo.ca.



No wait watches

An elegant Swiss timepiece crafted by one of the world's oldest watchmaker brands is the ultimate heirloom accessory for him. Longines Conquest water-resistant sport watch, \$1650, longines.com.



Luscious lips

This creamy, sweet berry-blush lipstick by superstar makeup pro Charlotte Tilbury is enriched with lip-loving emollients and antioxidants, and housed in a glamorous, show-off-worthy case. K.I.S.S.I.N.G. Lipstick in Kiss Chase, \$38 at Holt Renfrew, holtrenfrew.com.

Cute cuffs

He doesn't need a bad-boy attitude or a worn guitar to sport this sleek cuff—but he can pretend for you. Brave Marcheline Metallic Cuff, \$79, braveleather.com. JANINE FALCON

- 1 Longines Conquest watch, \$1,650, longines.com
- 2 Cross-body purse, \$45, indigo.ca
- 3 Caudalie Rose de Vigne Eau Fraiche, sephora.ca

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TECH GIFTS

Find that certain gadget for that certain someone

Marc Saltzman

Resist the predictable this Valentine's Day.

In other words, why buy your sweetie flowers or fancy bath soaps when you can wow your better half with some hot high-tech goodies?

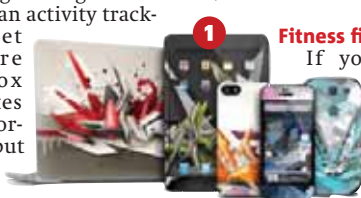
Granted, an activity tracker or tablet costs more than a box of chocolates from the corner store, but your significant other is worth it.

Lovebirds who want to impress might consider one of the following tech toys for him or her, ranging in price from \$18 to \$400.

Lay me some skin

Why should your smartphone look like everyone else's? Instead, decorate your device with high-quality skins from Nuvango (from \$18.00) that affix to the back of your favourite gadget, such as a smartphone or tablet, to give them some unique flare.

A percentage of each sale goes to the artist, or you can upload your own design to create a custom, one-of-a-kind skin, such as a family photo. Custom cases start at \$29.00. At nuvango.com



Fitness first

If your better half said their New Year's Resolution is to lose a few pounds, but they need a little motivation, consider picking them up the Fitbit Flex Fitness Tracker, on sale for \$99.99 until Val-

entine's Day. This water-resistant wearable lets you set a daily goal — such as a specific number of steps taken, distance traveled or calories burned — and the lightweight clip-on keeps track of your daily progress, awards you trophies, and syncs with devices for a deeper dive.



Logging companion

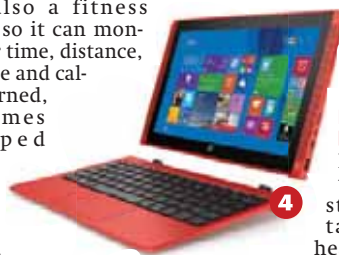
Another wearable for your special someone, is the TomTom Spark (\$299) stores up to 500 songs on your wrist to keep you entertained and motivated while exercising (via Bluetooth headphones).



It's also a fitness tracker, so it can monitor your time, distance, heart rate and calories burned, and comes equipped with a voice coach that talks you through reaching your goals, in real-time.

Double duty

Why gift a tablet when it can be a tablet and laptop in one? Available in multiple colours — including Sunset Red for Valentine's Day — the HP Pavilion x2 (\$399.99) is a Windows 10- and Intel-powered "convertible" device with a 10.1-inch screen on a magnetic hinge. When you no longer need the keyboard and trackpad, simply detach the screen and take it to the couch or coffee shop to flick through ebooks, videos, or games.



fee shop to flick through ebooks, videos, or games.

Bluetooth beanie

Dress warm for the winter and still be able to take calls and hear your tunes.

As the name suggests, Casco's Blu-Toque is a Bluetooth-enabled toque with built-in headphones that you wirelessly stream music, audio books, podcasts or calls from your nearby smartphone.

Available for \$49.99, these knitted caps will keep you warm — yet connected up to 30-odd feet away from your music source — and it's available in multiple colours and styles to choose from.



Cast it to me

If your TV is more

dumb than smart, you can change all that for a mere \$45. The new and improved Google Chromecast plugs into your HDTV's HDMI port and joins your home's Wi-Fi network, so you can easily access on-demand video and music from popular services, such as Netflix, YouTube, and Google Music, to name a few.

What's more, you can wirelessly stream your favourite apps from your compatible phone, tablet or laptop, to your television.



- 1 Nuvango smartphone skin, from \$18
- 2 Fitbit Flex Fitness Tracker, \$99.99
- 3 TomTom Spark, \$299
- 4 HP Pavilion x2, \$399.99
- 5 Casco's Blu-Toque, \$49.99
- 6 Google Chromecast, \$45

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MEET THE CONDO

DUKE AT MISSION

Mission: Unique design



CONTRIBUTED

Project overview

Located at the heart of Mission's Cathedral district, Duke at Mission brings modern flair and rugged edge together in townhomes and condos inspired by loft-style apartments. These homes feature contemporary style with stylish finishes, welcomed by a signature entrance courtyard.

Housing Amenities

The one-of-a-kind entrance courtyard is only the beginning and each home comes with one titled underground parking stall and storage. The building also boasts a bike rack out front and ample beautiful greenspace.

Location and transit

Located at the heart of Mission's Cathedral district, Duke is the local hub for urban living, with easy access to restaurants, shopping, the Talisman Centre, and the Elbow River park and pathway system. There are a number of bus routes in the area and the c-train system just a short walk away.

In the neighbourhood

The popular Talisman Centre is just around the corner as well as parks and the Elbow River. With 17th Avenue just a short walk away, there is access to loads of popular restaurants, shopping and coffee shops as well as the Scotiabank Saddledome.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Duke at Mission by Avi Urban
Builder: Avi Urban
Architect: AV Architecture
Location: 110 18th Avenue SW
Building: Four-storey wood frame building
Sizes: 549 sq ft to 1,563 sq ft
Price: \$275k to \$701k with GST
Suites: One-bedroom apart-

ment-style condos to three-bedroom townhomes
Status: Pre-construction selling
Sales centre: 202 17th Avenue SW; 403-536-7294
Hours: Monday to Wednesday 2 - 8 p.m., Thursday, Friday by appointment, weekends and holidays 12 - 5 p.m.
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The agrihood: a new kind of community

TRENDS

Developments based around farms instead of golf courses

Communities with houses clustered around swimming pools, party rooms and fitness centres are common in many suburban areas. But homes built adjacent to functioning farms?

Welcome to agrihoods — pastoral ventures with healthier foods as their focus.

This farm-to-table residential model has been sprouting up everywhere from Atlanta to Shanghai. It involves homes built within strolling distance of small working farms, where produce matures under the hungry gaze of residents, where people can venture out and pick greens for their salads.

"Real estate developers are looking for the next big thing to set them apart," said Ed McMahon, senior resident fellow with the Urban Land Institute in Washington.

“We’ll be seeing a lot of golf course conversions in the next 10 to 15 years.”

Matthew ‘Quint’ Redmond, Agriburbia LLB

There are many variations of the agrihood. “Some developers rent acreage to farmers,” he said. “Some set up non-profit C.S.A. (community-supported agriculture) programs. Some have the residents doing it (the growing) themselves.”

Agrihoods frequently include farmer’s markets, inns and restaurants sited in communal hubs where the edibles are processed or sold. A lot of things are driving the trend, McMahon said. Many purchasers are second-home buyers, retirees or parents of young children.

“They tend to be what I call the ‘barbell generation,’” he said. “The millennial generation that wants fresh everything, that wants to know where their food is coming from. Also the sen-

ior generation, the baby boomers. They don’t want big yards to take care of anymore.”

Prices tend to be a lot cheaper for agriculture-centred dwellings than for homes facing golf courses. Many golf course developments also face concerns about water shortages; some are being pushed toward becoming food-based operations, said Matthew “Quint” Redmond, owner of Agriburbia LLB, a Boulder, Colorado-based business that designs, builds and operates farms.

“The issue is making more calories out of the water we have,” Redmond said.

Clay and Roz Johnson moved to a farm-centred community called Serenbe near Atlanta when their second child arrived. About 70 per cent of the 1,000-plus-acre property is green space, and their home abuts the barn.

“When we had our second child, I didn’t cook for several weeks because neighbours kept bringing over food,” Clay Johnson said.

“It’s not just a farm but it creates a sense of community just like a church does.”

THE ASSOCIATED PRESS



Top: Tables are set up to host guests who will be served locally produce. Below: Workers prepare growing beds near Golden, Colo. When mature, flowers and edibles will be sold for processing or be eaten raw by people who live nearby. AGRIBURBIA LLB/CONTRIBUTED

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Property Brothers stars urge caution

HOMEBUYER BEWARE

Get an agent in hot markets to determine true market value

Drew and Jonathan Scott live in Las Vegas, but the Property Brothers stars still invest in real estate in their hometown of Vancouver where red-hot home sales and prices show few signs of cooling.

"The big thing is we're seeing a lot of these houses that are selling for a million over list," said Drew, a real-estate expert who scouts and negotiates fixer-upper homes on the hit W Network series. His identical twin brother, Jonathan, is a licensed contractor and master builder who handles the renovations.

The Real Estate Board of Greater Vancouver said last month was the second busiest January on record as residential property sales in the region jumped nearly 32 per cent, compared to January 2015. The estimated price of an average home across Metro Vancouver surged nearly 28 per cent to just under \$1.3-million from January of last year.



Property Brothers, stars Jonathan (left) and Drew Scott say that would-be investors should exercise caution more prudence than normal in markets where properties might be overvalued. HANDOUT

Across Canada, the national average sale price for homes increased 12 per cent last December compared to December 2014, according to the Canadian Real Estate Association. When the greater Vancouver and Toronto areas were excluded, the increase

was 5.4 per cent, CREA said.

Drew recommended would-be buyers seek an agent to evaluate comparable sold properties to help determine true market value.

"Some people get into a big frenzy and they bid up, bid up,

bid up, and they don't realize they're paying way more than the house is worth. You don't want to be in that situation.

"There are several times that we've looked at properties with clients, and they have all these things that they want to do.

But every neighbourhood has a cap for what you can do for an improvement and what people will buy and pay for in that neighbourhood."

Enlisting a contractor who can provide a quote on repair or renovation costs can help sup-

“

They don't realize they're paying way more than the house is worth

Drew Scott, on the bidding war trap

port the efforts of an agent who can determine whether changes will be a financial boon or bust, Drew noted.

"Most people skip the step," added Jonathan. "They think: 'Hey, I want to renovate my house.' They just dive right in and they spend all this money and they don't think about the fact that 'Oh, wait: Am I actually going to be able to get the money back out of the place if I have to sell?'"

"Real estate is a great way to make money," adds Drew. "It's a great way to grow an investment over the years. However, if you're not ready to get into a property, or if you're not ready to get into a certain size of property, don't rush. The worst thing you can do is become house poor, and we want to make sure that people aren't." THE CANADIAN PRESS

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Bathrooms on a budget

RENOVATION

New porcelain tiles closely mimic look of luxury marble

You may aspire to a spa-like bathroom, complete with marble tile floors, mosaics on the walls, teak shower details and more. Chances are those champagne tastes are supported by a ginger ale budget.

Yet you can drink in the same sense of luxury as technological advancements in porcelain tiles can now give you the look with a less expensive product, less expensive installation and less maintenance. High-tech printers have made it difficult to tell the difference between real stone and the new porcelains.

MARBLE-LOOK PORCELAIN:

This traditional looking bathroom should be very high end and high priced. The three dimensional wall tile and in-laid floors may give you the look of natural stone but it's all porcelain. Stone tile would be \$18 or more a square foot but this product comes in at approximately \$6.50 a square foot (depending on size and design). Clean, simple and classically elegant is what this space is all about and you never have to worry about sealing the marble.

LARGE FORMAT:

Taking the tile up the wall is a style seen in high-end Euro-

pean hotels: a beautiful, luxe appearance that certifies quality. It's also easy to care for and keep clean. In North America, the cost of covering all the walls in stone is prohibitive — \$20 a square foot, plus installation requires greater skills. This marble-look porcelain product is approximately \$6 per square foot and porcelain installation would be closer to \$4 square foot. That truly is getting the look for less.

WOOD LOOK:

The combination of materials like wood and travertine stone, coupled with a beautiful bowl-shaped tub, simply shouts "luxury!" But at \$22.50 a square foot in this 10-by-12-foot room, the math can be frightening. Plus it would require slabs of natural stone and oiled hardwood, extraordinary tradesmen to install and a maintenance schedule to clean and reseal every year. With this porcelain, the price is closer to \$9 a square foot; the wood-look tiles are \$5.50 a square foot. Suddenly, luxurious dreams become reality.

WIDE-BOARD TEAK LOOK:

The rustic look of barn board-wood walls, combined with modern sinks and faucets, are perfect for a warm and rustic spa. This door-free style of shower helps to give the space a sense of vastness while the wide-board wooden wall tiles at 8-by-48 inches are textured to also make them feel warm. At \$5.75 a square foot, the look is affordable and maintenance free.

TORSTAR NEWS SERVICE

+ SHADES OF GREY

How to get that grey travertine look for less

A marble bathroom with tiles from floor to ceiling creates a great spa space when the tone is monochromatic and simple. The tiles, at 24-by-36 inches, require 200 tiles to cover the floor and another 400 wall tiles to create this look. In natural stone each floor tile is approximately \$75 and each wall tile approximately \$15 each. New porcelain tech-

nologies take that price to one-third the cost for floor tiles and half the price for wall tiles.

This is a great look for a loft or industrial space giving you a rustic, yet modern style.

TORSTAR NEWS SERVICE

\$75

Price of a natural stone floor tile. Porcelain is one-third the cost.



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- PRIVATE YARD
- NO CONDO FEES

*Price subject to change without notice. Renders are artist concept only. E&OE.

homesbyavi.com



High-tech printers have made it difficult to tell the difference between real stone and the new porcelains. CONTRIBUTED

When a book is not a book

DIY

If you can use a glue gun, you can make these bookends

Books are a great way to add colour and texture to a space. Whether you like to organize your books alphabetically, by size or even colour, sometimes you need a little extra

support to keep them standing upright. If you prefer a clean-lined look, these invisible bookends made from old books will keep things in line without adding clutter.

Step 1: Gather and shop for supplies

You may have old books around the house, if not they are easy

SUPPLIES

- Old books
- Glue gun and glue
- Plain metal bookends

to find at any thrift shop. Metal bookends can be found at office supply stores.

Step 2: Glue the book covers to the inside pages

Use a glue gun to adhere the book cover (front and back) to the inside pages. This will stop the book cover from flapping open. You may want to add some more glue throughout the book to help keep it closed.

Step 3: Attach the metal bookend to the book

Open the book to the middle and apply glue to adhere the bookend to the book.

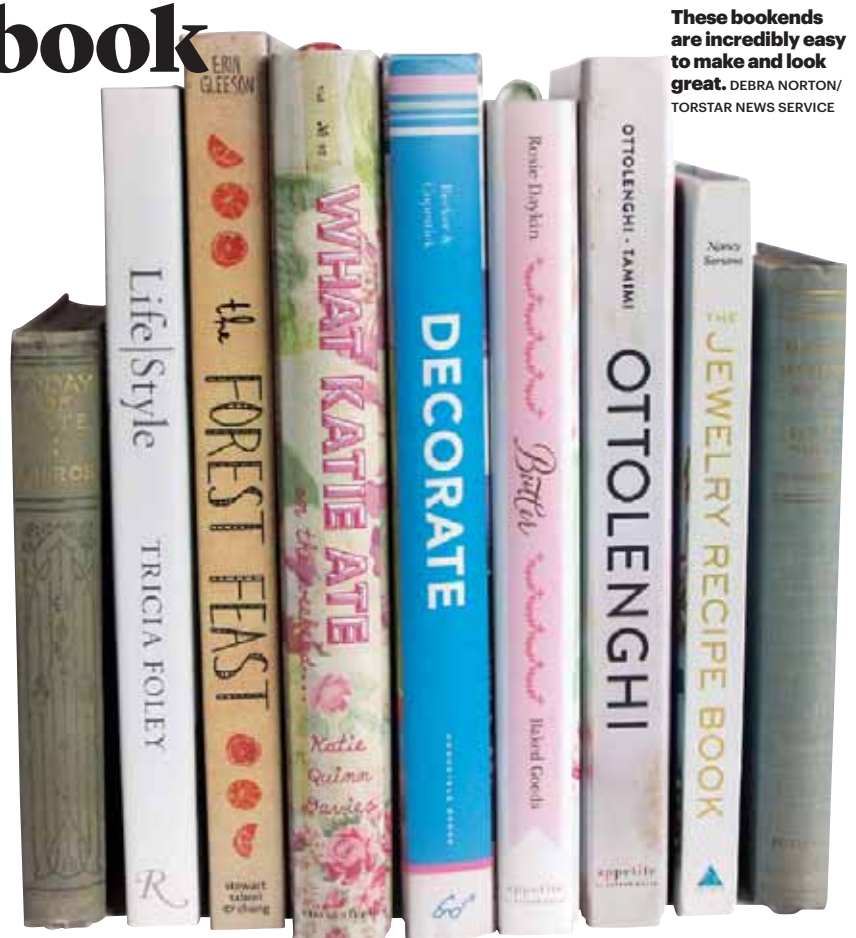
Step 4: Allow the glue to dry

Close the book and lay it on a flat surface. Place a heavy object such as a can on top to help the glue set. Allow to dry completely. Repeat process with second bookend.

Voila! Now you're ready to prop up your favourite reads. TORSTAR NEWS SERVICE



Glue the covers to the inside pages to stop the books from flapping open. DEBRA NORTON/TORSTAR NEWS SERVICE



These bookends are incredibly easy to make and look great. DEBRA NORTON/TORSTAR NEWS SERVICE

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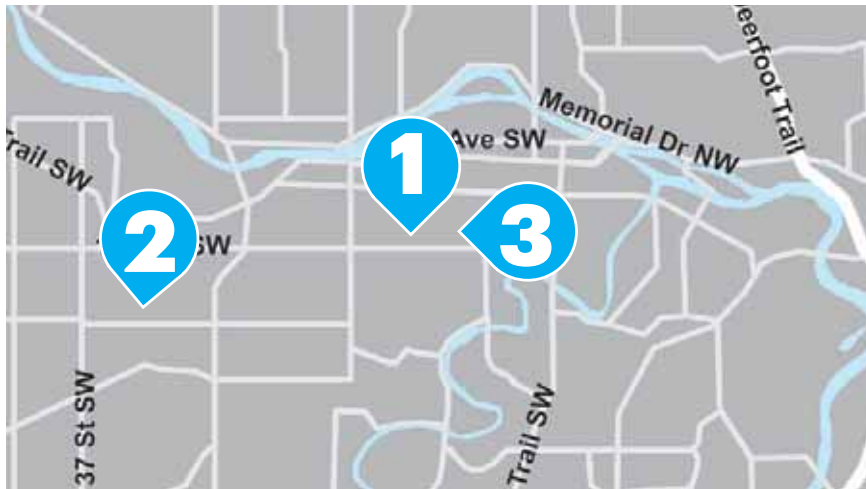
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KRISTA SYLVESTER/FOR METRO

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2 NOW OPEN

Killarney Towne by Street-Side Developments: Luxury infill townhomes conveniently located in the inner city yet with a quiet atmosphere. The perfect location for townhome living. The sales centre is now open at 2432 30 Street SW.

3 NOW SELLING

Smith by Grosvenor: Perfectly located in the city's bustling Beltline, Smith features 129 boutique-style homes in the heart of the city's cultural district. Check out the presentation centre located at the 2nd floor of 850 16th Ave. SW.



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This is the year to take care of your finances

EXPENSES

First step: what does having a financial planner entail

Astrid Van Den Broek

It's 2016 and this is it. This is the year you're going to take control and get your finances organized. First up: find a financial planner. Only...where exactly do you find one you can trust? And what does having a financial planner entail?

What is a financial planner?

It's important to understand first what a planner does relative to the other professional financial advisers available in the current marketplace — insurance brokers et al.

"There are so many different

kinds of people out there that call themselves financial advisers," says Cary List, president and chief executive officer of the Financial Planning Standards Council (FPSC). "A financial planner is someone who's trained, educated and qualified through rigorous examination, so when you come into the office to see them, they take the time to learn about your financial situation and give you the right advice in the right areas. The financial planner is there to look at you as a whole."

A financial planner does more than simply help guide you through your financial futures. They can cover a variety of areas of financial support—ranging from planning for your child's college fund to helping you sort through insurance options and more. "And most certified financial planners are also licensed in the insurance or securities or mutual fund arena so they can help you with advice on that as well," says List.

How do I find one?

One easy place to start is the FPSC's site (fpsc.ca), which contains a directory of planners available — users can search via the "Find a planner" tool.

This way, notes List, Canadians can be certain to find certified planners who have their Certified Financial Planner Status.

Though if your needs are simpler, you can also find a planner with a slightly different, but trustworthy, certification. "There's a lower level certification — the FPSC level one certificate in financial planning," notes List. "So if you have some very basic needs and may not need the expertise of a full-fledged planner, they may want someone with this certification, so they can be assured that the individual is obligated to put their client's interests ahead."

But what about friends and family — is word of mouth another way to find a trustworthy planner?



A financial planner will take the time to learn about your financial situation and give you the right advice in the right areas. ISTOCK

"It's always helpful to have some vote of confidence from someone that you know," says List. And while that's a possibility in finding one, word of mouth isn't enough. "Because, while it's great to get that recommendation from a friend or colleague or family member, you don't necessarily know what the qualifications of that individual are and you don't know what the person who recommended them has been

using the adviser for," he says. "They may think they're working with a financial planner but they're working with an investment adviser and you have much different needs. Maybe the person who's giving you the referral has a much narrower view and all they're doing is getting investment advice. Which may be well and good but that's not financial planning. So you have to do your own due diligence."

The next step

Like any third-party contractor in your life — be it a roofer to an interior designer to a financial planner — List suggests not just deciding to work with the first planner you sit down with. "Even if you're really confident with somebody, comparative shopping is always helpful," he says. "And any good certified financial planning professional should be quite prepared to spend half hour out of his or her time to talk with you."

Prioritizing your planning by age



There are different financial plans depending on what stage of life you're at. ISTOCK

Jacqueline Kovacs

You're never too young or too old to take personal financial planning seriously. But, as CPA, CA David Trahair explains, just what you should focus on changes depending on your age and life stage. Here's how Trahair prioritizes financial planning singles, couples and families.

Singles

"When it comes to single people, there are things they don't have to worry about," says Trahair. "For example, detailed tax planning. If there's only one of you, you can't do things like income splitting to reduce your taxes." Also low priority: life insurance. "If you're truly single — with no spouse or dependents who would suffer financially if you were to die — then life insurance isn't that significant."

But that doesn't mean managing your finances is a breeze. "Everything is more expensive because they're got no one to share the costs of housing, food, travel or even the cable bill,"

points out Trahair.

And because singles are financially self-reliant, Trahair recommends income protection insurance. "What if something happens to them and they become disabled such that they are unable to work," he says. "There's nobody else to bring in money, so income protection insurance becomes very important."

Couples

For committed couples, financial planning changes as their relationship grows. For those in their 20s, fresh out of post-secondary, Trahair advises focusing on whatever student debt they may have. "For people who have just graduated and are looking for those first jobs, to recommend that they start saving for a retirement that is way off in the future doesn't make any sense," he says. "You need to pay off the loan that you took out to get your education."

If you don't have a loan to repay? The big issue, says Trahair, is just finding a job in your field that will pay you a decent salary. And that, he admits, is harder than it sounds. "Decades ago, you'd graduate from university,

find a job in a company, work there for 30 years and retire with a defined benefit pension plan," says Trahair. "These days it's very rarely an option."

RRSPs, meanwhile, work best if you invest in them when you are in a higher tax bracket and withdraw the money when you're in a lower tax bracket. So for those in their 20s who feel their salaries will increase down the road, a tax-free savings account may be a better option for saving money.

Families

Of course, the other big decision couples make — whether in their 20s, 30s or beyond — is whether to have children. Yes, it's a life-changer, but, as Trahair reminds, it's an expensive life-changer, from diapers and daycare, right through to university.

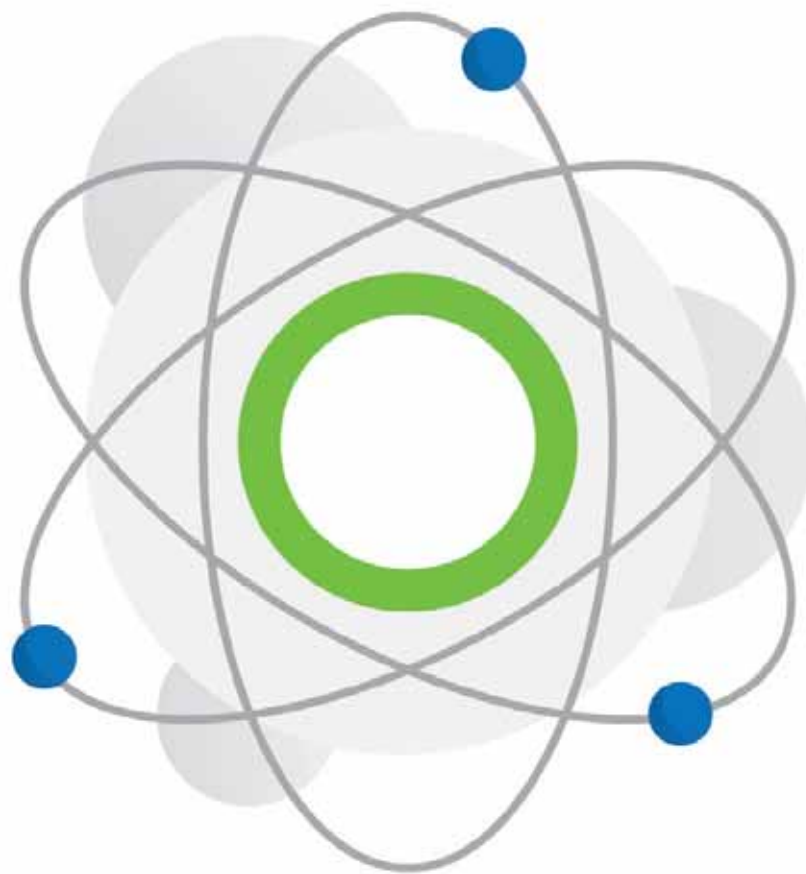
That's why he advises all parents to look into Registered Education Savings Plans — RESPs. If you invest annually in an RESP, you can take full advantage of the government's Canadian Education Savings Grant, which offers you 20 per cent of the first \$2,500 you put into the RESP. That means you can get up to

\$500 a year from the government to save for your child's post-secondary education. "If you can do that," says Trahair, "it will go a long way towards paying their university costs down the road."

Everyone

No matter what stage in life you're at, Trahair says there are two key issues that should be top of mind: debt management and saving for retirement. And debt takes precedence.

He quotes a recent study which found that 70 per cent of Canadians pay off their credit card balances every month. "That means 30 per cent of Canadians are carrying credit card debt from month to month — and paying very high interest on that debt," he says. If you're in that situation, "forget about saving for retirement, forget putting money into RESPs, forget tax-free savings accounts and just attack that debt," says Trahair. "Shop around for a balanced transfer offer. You can find credit card companies willing to take over that debt and offer you a lower interest rate. But that needs to be accompanied by the mind-shift of becoming a saver, not a spender."



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Triple the need for savings

EXPENSES

Why open an RESP? Follow one family's finance story

Camilla Cornell

When Kerry and Jamie Durand-Shea of Ajax found out they were having triplets two years ago, the reality of the financial commitment hit home. "We didn't plan to have three in one shot," Kerry says. "We needed three of everything from car seats to strollers, cribs, and beds."

What's more, that cash outlay will go on for a very long time. "We'd like to be able to help the boys with school someday," she says, adding that having three kids in university at the same time is a scary thought. For that reason, setting up a registered education savings plan (RESP) for 16-month-old Christopher, Daniel, and Armand is definitely on their to-do list.

"We try to put their baby

bonus cheque in the bank every month," she says, admitting she hasn't got around to setting up an RESP. What's the hold up? Blame it on baby brain, she says.

Paul Shelestowsky, a senior wealth advisor with Meridian Credit Union in Niagara-on-the-Lake, gets it — after all, he has an 11-year-old son of his own. But, he says, even if you're just going to contribute a small amount each month, it's a good idea to set up an RESP shortly after your child is born. "The sooner the better," he says, "because you're only allowed to make up for missed contributions one year at a time." Wait too long, he says, and you could be missing out on "free money from the government."

Can't manage the expense on your own? Why not ask for cash donations to your child's RESP in lieu of toys or games for Christmas or birthdays.

The advantages

The benefits of an RESP are two-fold, says Shelestowsky. First, the government kicks in a 20 per cent Canada Education Savings Grant (CESG) on a maximum of \$2,500 per year in contributions up to and including the year your child turns 17. That's



Kerry, far left, and Jamie Durand-Shea, and their triplet boys, from left, Armand, Christopher and Daniel. JONATHAN NICHOLLS

worth an additional \$500 per year to a lifetime maximum of \$7,200. Families with household income below \$87,907 have even more incentive as they can get an additional 10 to 20 per cent in grant money for their contri-

butions, depending on where they fall in the income spectrum.

Finally, says Shelestowsky, earnings accumulate tax-free. Note: You don't get a tax deduction for your contribution, as you do with RRSPs.

Not all RESPs are created equal

The rules differ depending on what kind of RESP product you invest in. Group RESPs (sometimes called trusts or education funds) are the least flexible and potentially the most costly, ac-

cording to Mike Holman, author of *The RESP Book*.

Not only are fees high, but "they're too restrictive and it makes that money harder to get out," says Holman. Such plans may stipulate a set contribution for the life of the plan; your kids can only collect the money if they attend a full-time educational program; and they can only access the cash at set intervals and for specific types of schools.

"The only sort-of benefit is they have attrition payments," says Holman. "Your kid is lumped in with other kids with the same birth year and the kids who don't go to school give up the non-contribution portion of the money, which is spread out to the other kids." So if you're absolutely positive your child will go on to higher education, you might opt for a scholarship trust. Just make sure you know the rules.

Most parents, Holman says, are better off with self-directed RESPs you can open at your local bank, mutual fund company or credit union. The benefits: you can contribute what you want, when you want, in just about any kind of investment product, and the rules tend to be looser.

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No. 1-ranked Lydia Ko says the Rio Olympics will be her top priority this year with golf in the Games for the first time since 1904

Flames anxious to move past benching of stars

NHL

Calgary earned win despite disciplining leading scorers

The three disciplined Calgary Flames made their apologies and head coach Bob Hartley called for a halt to the “tsunami in a fishbowl” on Wednesday.

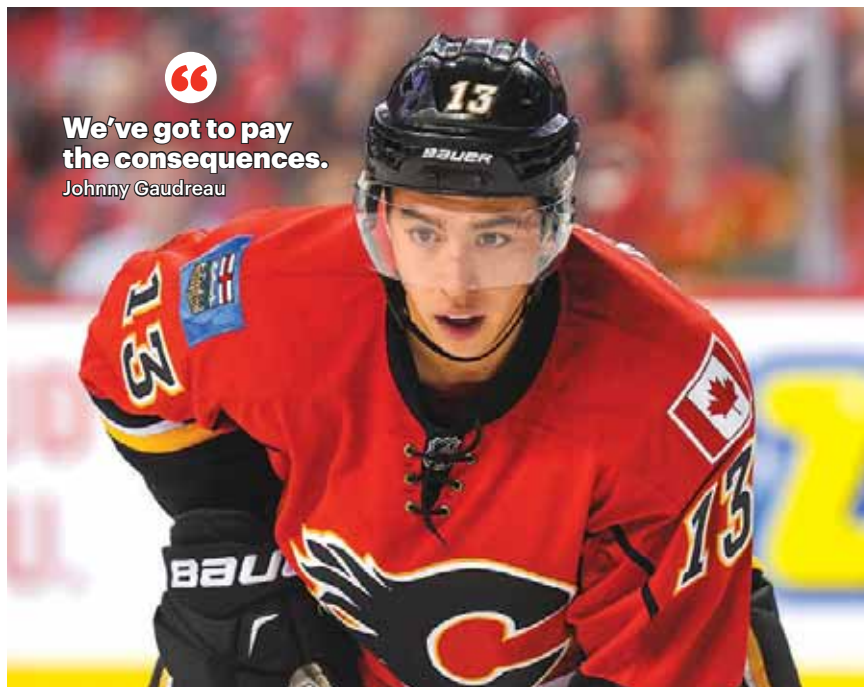
Moving on from the benching of the team’s two top scorers the previous night was made easier by the fact it didn’t cost the Flames two precious points in the standings.

Johnny Gaudreau, Sean Monahan and rugged winger Lance Bouma watched their teammates eke out a 4-3 win Tuesday over a Toronto Maple Leafs team discombobulated by the trade of their captain earlier that day.

The three Flames were healthy scratches against the Leafs because they were late to Monday’s practice. There would have been more second-guessing of Hartley’s internal discipline had the Flames lost to the Leafs, given Calgary’s precarious playoff position.

“Elvis is dead, the Beatles have split and today is a new day,” Hartley told reporters following practice Wednesday. “I’m done talking about this. They didn’t rob any banks.”

“We’ve moved past this. You



“We’ve got to pay the consequences.”
Johnny Gaudreau

Johnny Gaudreau leads the Flames with 49 points this season. DEREK LEUNG/GETTY IMAGES

guys are creating a tsunami in a fishbowl.”

The players in question issued their public mea culpas, however, before departing on a crucial two-game road trip that will include their fathers. It has become an annual rite for many NHL teams for players to have their dads along for



Sean Monahan and Lance Bouma GETTY IMAGES

a road trip during the season.

Gaudreau, 22, and Monahan, 21, play on Calgary’s top line and lead the offence with 49 and 35 points, respectively. Bouma has missed a combined 35 games with injuries this season, but is a physical presence when he’s in the lineup.

“All our dads are here get-

ting ready to go for the fathers’ trip and they were expecting to watch us play against Toronto,” Gaudreau said.

“We’ve got to pay the consequences. I think all three of us are really upset with ourselves. We really want to apologize to the organization, the coaches, our team especially and the city of Calgary and the fans.”

It wasn’t professional, Gaudreau said.

“You never want to be in a position like this when your team is fighting for a playoff spot and you’ve got leaders in this locker-room that are trying to move us up in the standings,” he said.

The Flames (24-25-3) face divisional rivals San Jose and Arizona in back-to-back road games starting Thursday. Calgary’s road record this season is 8-14-3.

Eight points out of a playoff berth in the Pacific Division, 10 back of a conference wild-card berth and with the NHL trade deadline looming Feb. 29, the Flames have reached a critical point in their season.

“Those are probably two of the most important games of our season,” Hartley said. “We have to recognize situations. This is a great situation for us. The dads are on the trip. Two huge games against two teams that are playing very well. We’re playing very well too.”

THE CANADIAN PRESS

IN BRIEF

Wings beat Sens to spoil Phaneuf’s Ottawa debut

Danny DeKeyser and Henrik Zetterberg scored early in the first and third periods to help the Detroit Red Wings beat the Ottawa Senators and spoil Dion Phaneuf’s debut with his new team with a 3-1 win Wednesday night.

Petr Mrazek stopped 22 shots and his bid for a second straight shutout ended with 2:24 left when Zach Smith scored.

Darren Helm restored Detroit’s two-goal lead with an empty-net goal.

Phaneuf seemed to settle in with solid play after falling in a 1-on-1 situation with the speedy Gustav Nyquist. THE ASSOCIATED PRESS

No traces of CTE found in brain of former enforcer

The brain of deceased NHL enforcer Todd Ewen did not show signs of chronic traumatic encephalopathy despite suffering several concussions during the player’s career, the Canadian Concussion Centre announced Tuesday.

A study of Ewen’s brain didn’t turn up any traces of CTE, a neurodegenerative brain disorder that has been linked to multiple concussions, the CCC said in a statement.

Ewen racked up 1,911 penalty minutes in 518 NHL games with St. Louis, Montreal, Anaheim and San Jose. He died at age 49 on Sept. 19, reportedly of a self-inflicted gunshot.

THE CANADIAN PRESS

CFL

Jones busy putting his stamp on Riders

Chris Jones is taking the same approach to rebuilding the Saskatchewan Roughriders that has won Grey Cup titles in his previous CFL stops.

The Riders’ head coach/GM was busy bolstering his defence Wednesday, the second day of CFL free agency. He agreed to terms with Canadian defensive end Justin Capiccott and signed linebacker Greg Jones and defensive backs Ed Gainey and Otha Foster.

Jones also added running backs Kendial Lawrence and Curtis Steele while acquiring

+ STAMPEDE

Calgary added receiver Bakari Grant and linebacker Taylor Reed, both former Ticats, on Wednesday.

American offensive lineman Bruce Campbell from the Toronto Argonauts for a 2016 fourth-round draft pick. Linebacker Jake Doughty and punter Ray Early, both Americans, were released.

“You’ve got to play defence in order to win championships,” Jones told reporters Wednesday. “Everywhere we’ve been, we’ve been able to play good D and so adding these guys to what we already have is a good plus.”

Jones knows what it takes defensively to succeed. He won a Grey Cup in 2002 as Montreal’s defensive line coach before capturing titles as a defensive coordinator with Calgary (2008) and Toronto (2012). He led Edmonton to last year’s league championship as the head coach but was still instrumental in

the Eskimos’ staunch defence.

Jones shored up his defence after focusing on the offence Tuesday. Saskatchewan extended offensive lineman Chris Best prior to the start of free agency. Then, after re-signing defensive lineman Dylan Ainsworth, he secured deals with receiver Shamawd Chambers of Markham, Ont., the top Canadian in last year’s Grey Cup and national offensive lineman Andrew Jones — both former Eskimos — as well as American receivers John Chiles and Jeremy Kelley.

THE CANADIAN PRESS



Defensive back Otha Foster reunites with head coach Chris Jones in Regina. TREVOR HAGAN/GETTY IMAGES

NHL 50-year anniversary of the 'great expansion'

NHL's "great expansion" of 1967 delivered hockey to California, led to the Broad Street Bullies and legitimized the league as a major force in North American professional sports.

Fifty years ago this week, the owners of the original six teams unanimously approved doubling in size by awarding franchises to Los Angeles, San Francisco/Oakland, Philadelphia, Pittsburgh, St. Louis and Minneapolis/St. Paul. No other pro

sports league had ever doubled the number of its teams and the move was considered a gamble. It proved to be one of the most important decisions in hockey history, and helped convince many that the NHL was for real.

From 1943 to 1967, the NHL was a stable, six-team league made up of the New York Rangers, Boston Bruins, Chicago Blackhawks, Detroit Red Wings, Montreal Canadiens and Toronto Maple Leafs. The move

6

Number of teams in the NHL between 1943-1967.

to expand came in the league's 50th season amid plenty of internal debate.

Hockey had some catching up to do: MLB had 20 teams,

the NBA had nine and the NFL had 14, with more on the way.

Owners each paid the \$2 million expansion fee, and the Los Angeles Kings and California Seals joined the fold along with the Philadelphia Flyers, Pittsburgh Penguins, St. Louis Blues and Minnesota North Stars. The league now stands at 30 teams and may expand again to either 31 or 32, with Las Vegas and Quebec City under consideration. THE ASSOCIATED PRESS

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Canadian Andrew Wiggins of the Timberwolves netted 26 points against Raptors. DAVID SHERMAN/NBAE/GETTY IMAGES

Wolves hunt down Raps

NBA

Minnesota rallies from 18 points behind to stun Toronto

WEDNESDAY In Minny

117 112
T'WOLVES RAPTORS

Karl-Anthony Towns had 35 points and 11 rebounds, and the Minnesota Timberwolves came back from 18 points down to stun the Toronto Raptors 117-112 on Wednesday night.

Canadian star Andrew Wiggins scored 13 of his 26 points in the fourth quarter, including a jumper with under two minutes to go that gave Minnesota a 112-109 lead. Ricky Rubio had 19 points, eight assists and eight rebounds to outplay All-Star Kyle Lowry, and the Wolves used a huge advantage at the free throw line to close out a team that had won 14 of its last 15 games.

DeMar DeRozan scored 35 points for the Raptors, who head home to host All-Star Weekend beginning on Friday night. But Lowry was held to 14 points and seven assists while battling foul

trouble, and the combination of Wiggins and Towns was too much down the stretch.

Minnesota set season highs with 43 free throws made on 53 attempts on the way to its largest comeback win of the season. The Raptors were whistled for 34 fouls compared to 21 for the Wolves. After clawing their way back into the game Minnesota's Rubio hit his third 3-pointer to give the Timberwolves a 104-98 lead with 5:24 to play.

The Raptors fought back to tie the game with under 3 minutes to play, but Wiggins hit big shot after big shot a day before heading back to his hometown to play in the Rising Stars Challenge on Friday night. Gorgui Dieng had 14 points and 10 rebounds, and all five Timberwolves starters finished in double figures.

THE ASSOCIATED PRESS



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RECIPE Lemon Thyme Chicken



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is pretty much our ideal February meal — it's hearty enough to enjoy as a winter, comfort meal but the bright flavours of lemon and thyme remind us that spring is just around the corner.

Ready in

Prep time: 10 minutes

Total time: 45 minutes

Serves 6

Ingredients

- 8 chicken thighs (I buy boneless, skinless), cut into bite-sized pieces
- 2 glugs of olive oil
- 2 onions, diced
- 4 cloves of garlic, minced
- 1 lemon, cut 3 thin slices and juice the rest (you'll be left with about 1/4 to 1/3 cup of juice)
- 2 small-ish zucchinis, cut in half lengthwise and sliced

- 6 to 8 branches of thyme
- 2 cups low sodium chicken stock
- Salt and pepper to taste

Directions

1. In a large pot or Dutch oven, warm up your olive oil over medium heat. Brown the chicken in batches — don't over crowd or the chicken won't brown nicely — but don't cook through. Place the cooked chicken on a clean plate. Drain all but 1 or 2 Tbsp of fat.
2. Put the pot back over medium heat. Sauté the onion, garlic, zucchini, thyme and lemon slices until the vegetables begin softening, about 5 minutes.
3. Add the chicken back to the pot and pour the stock and lemon juice over top. Give it all a stir, turn the heat down a touch and simmer for 30 minutes. Serve over couscous, rice or pasta.

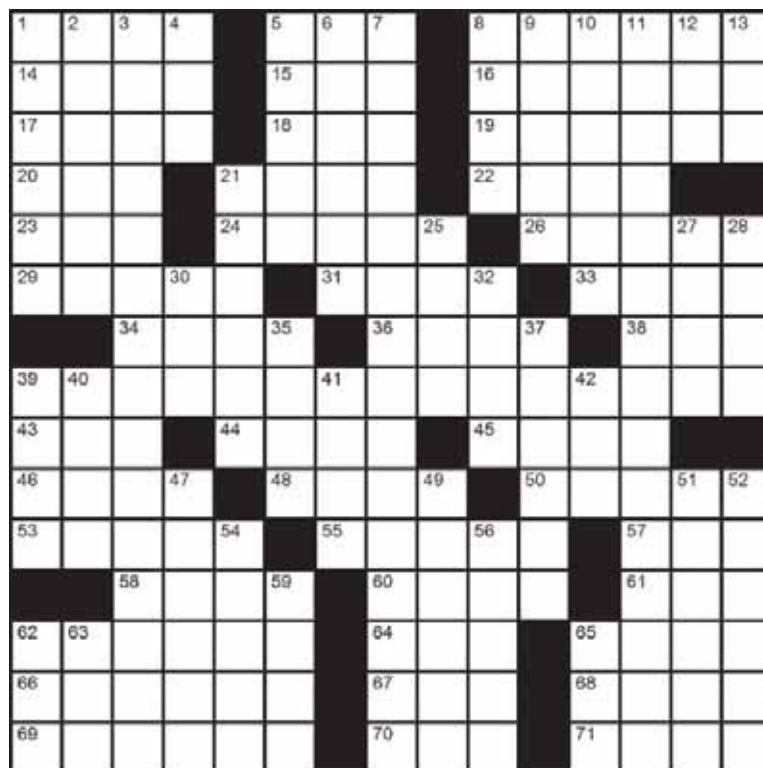
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Float like an aroma
5. 1962: "___ a Rebel" by The Crystals
8. Theatrical digressions
14. Opera-style tune
15. "Diva ___ Dime"
16. Hollywood icon Marilyn
17. Endorse
18. Combine ingredients
19. Determined
20. Wynonna's actress sis
21. Kind of Lily
22. Atom Egoyan and David Cronenberg, e.g.
23. Gamble
24. Mythical maiden
26. ___ Rica
29. Vide ___ (Latin for 'see below')
31. Herman Melville's captain
33. Glance over
34. Glass-dropper's exclamation!
36. Balls
38. Previous
39. An ancient art of Aboriginal people is the embellishment of crafts, such as jewellery, with these materials made vibrant from natural dyes: 2 wds.
43. Heart
44. Canadian actress Jessica
45. Window ledge
46. Cottage lot size
48. Shreds
50. Chompers



53. Power up the brain
55. "I'm a ___ 4 U" by Britney Spears
57. French vineyard
58. Comet's follower
60. Unfortunately
61. Set-___ (Arguments)

62. Maple, in Montreal
64. Feminine side
65. Pinball infraction
66. 'S' of CSNY
67. WSW's opposite
68. Beetle variety, ___ weevil
69. Trojan hero

70. Big ___ (Chewing gum brand)
71. Newfoundland & Labrador town: L'___au-Loup

DOWN

1. Green condiment for sushi

2. Up and about, formal-sounding
3. What General Wolfe's soldiers would do in the Battle of Quebec in 1759: 3 wds.
4. Nylons shade
5. Comfortable
6. Conundrum

7. Musician like Juno-winner Richard Underhill: 2 wds.
8. Among
9. ___ boom
10. "This is so-and-so..." routines at parties
11. Fashion designer's offering: 2 wds.
12. Time division
13. Established
21. Snaffle like a shopper: 2 wds
25. Animal of Aesop's
27. ___ order
28. & &
30. ___-A-Fella Records
32. Uses the grill
35. Box
37. Hotel rooms
39. Excellent, slang-style
40. "I got stung!"
41. Goo Goo Dolls hit
42. Island: French
47. Facilitate
49. ___ solution (Contact lenses rinse)
51. Web forum nuisances
52. Disco song/dance, with The
54. To ___ Mockingbird
56. Like a barn topped with a functional rooster ornament
59. More or ___
62. Conductor, ___ Pekka Salonen
63. Way to go, briefly
65. Acronym for a time as yet unknown

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
Others say that you are aiming too high and maybe they are right but they could also be worried that you will succeed in what you are trying to do and show them up in the process.

♉ Taurus April 21 - May 21
Don't let your personal life get in the way of your career. Business first, on this occasion friends and family should take a back seat. You can make it up to them later.

♊ Gemini May 22 - June 21
Be careful when talking to people who may not share your ideas or outlook. Not everyone will approve of your questioning and while you may not care what they think they can still do you harm.

♋ Cancer June 22 - July 23
It does not matter what others think, it matters only what your instincts tell you. And they're tell you "don't panic." Others can rush around but the best thing to do is to sit tight.

♌ Leo July 24 - Aug. 23
You cannot please everyone you have to deal with, so decide what relationships to focus on. Don't feel too bad about those you leave by the wayside — life does not have to always be fair.

♍ Virgo Aug. 24 - Sept. 23
Don't get too carried away today. Your enthusiasm could be a problem on the work front where, if you try too hard, colleagues and superiors may wonder what you're up to.

♎ Libra Sept. 24 - Oct. 23
Slow down and let the rest of the world catch up with you. But don't let anyone persuade you to give up on a long-term aim. Keep striving.

♏ Scorpio Oct. 24 - Nov. 22
It's not like you to keep loved ones on a short leash but for some reason you have been trying to curb their freedom. It won't work. You would not accept restrictions on your own movements so don't try to impose them on others.

♐ Sagittarius Nov. 23 - Dec. 21
What happened to your way with words? You seem at a loss to know how or why it has happened. You will find your voice again but, for now, be the strong, silent type.

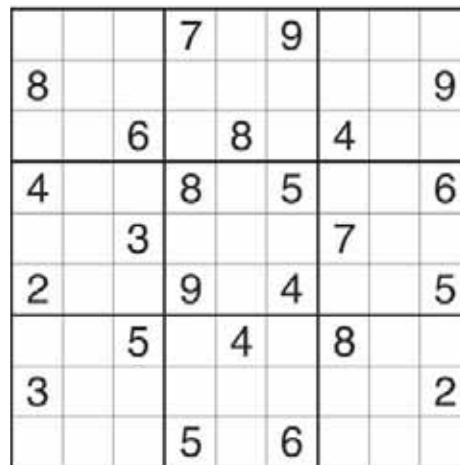
♑ Capricorn Dec. 22 - Jan. 20
You're worrying too much about your financial situation. And the more you worry the more likely it is that something will go wrong. Soon you'll look back and wonder why you made such a big fuss.

♒ Aquarius Jan. 21 - Feb. 19
Try to stay calm today. If you lose your head even a little bit you will very quickly go all the way. You're not always the logical, practical sort. You have emotions too.

♓ Pisces Feb. 20 - March 20
It will be easy to feel sorry for yourself today but it would also be a crime to waste your time and your energy on needless self-pity. If you feel a bit down snap out of it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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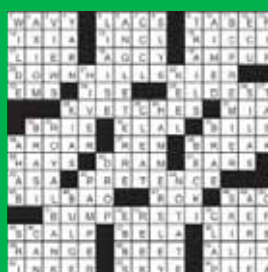
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